

1988  
Seattle  
Seahawks

Run Game  
Chuck Knox

1. SEAHAWK FOOTBALL

- 1.1 TOUGHER
- 1.2 SMARTER
- 1.3 BETTER CONDITION

2. WINNING FOOTBALL

- 2.1 FIELD POSITION AND OPPORTUNISM - WE WANT TO GIVE OUR OPPONENT THE LONG FIELD AND THEN BE OPPORTUNISTIC BY TAKING ADVANTAGE OF EVERY GOOD FIELD POSITION THAT IS GIVEN US.
- 2.2 BALL CONTROL AND POINTS - WE WANT TO CONTROL THE BALL (KEEP OUR DEFENSE OFF THE FIELD AS MUCH AS POSSIBLE) AND BE A HIGH POINT PRODUCING OFFENSE.
- 2.3 MISTAKE FREE FOOTBALL WINS - TO WIN A GAME WE MUST FIRST KEEP FROM LOSING IT. WITH THE PROPER EMPHASIS IN PRACTICE, WE WILL NOT SELF-DESTRUCT IN THE GAME. WE CANNOT BEAT OURSELVES BY TURNING THE BALL OVER OR STOPPING A DRIVE BY COMMITTING A NEEDLESS PENALTY.

3. WINNING OFFENSE

- 3.1 OFFENSIVE FLOW - CREATING A RHYTHM OR FLOW TO THE OFFENSE WILL OFTEN DEVELOP THE DECIDING MOMENTUM. THIS RHYTHM MUST BE FELT IN PRACTICE AND INTERNALIZED SO THAT IT CAN BE GENERATED AGAIN IN A GAME.
- 3.2 BEAT OUR OPPONENTS TO THE PUNCH - THE ADVANTAGE THAT WE WILL GAIN BY REPEATEDLY BEATING OUR OPPONENT TO THE PUNCH WITH QUICKNESS AND EXPLOSIVENESS WILL EVENTUALLY WEAR OUR OPPONENT DOWN. OFTEN, THIS WILL BE A DECIDING FACTOR AS THE GAME GOES ON.
- 3.3 SECOND EFFORT - WE BELIEVE IN THE ABILITY AND THE "WANT TO" FOR A BLOCKER TO SUSTAIN JUST A LITTLE LONGER, FOR A RUNNER TO STAY UP JUST A LITTLE LONGER AND FOR A RECEIVER TO EXTEND JUST A LITTLE FARTHER. OFTEN, THIS WILL BE A DECIDING FACTOR IN THIS GAME OF INCHES.
- 3.4 COMMUNICATION - MUCH OF THE DETAIL AND PRECISION OF OUR OFFENSE CAN ONLY BE "FINE TUNED" BY GOOD COMMUNICATION BETWEEN ALL OF US.
- 3.5 PLAY THE HAND YOU'RE DEALT - THE MATURITY, POISE, AWARENESS, AND FLEXIBILITY TO ADJUST TO CHANGING SITUATIONS WILL OFTEN BE A DECIDING FACTOR.
- 3.6 WILL TO PREPARE - WE BELIEVE THAT CONCENTRATING IN MEETINGS, EXTRA FILM STUDY, AND PRACTICING WITH RHYTHM, EFFORT AND DETAIL IS A PART OF THE PRICE THAT MUST BE PAID IN ORDER TO WIN.

3.7 LET IT FLOW, LET IT GO - PROPER PREPARATION WILL ALLOW PLAY UNINHIBITED WITHOUT FEAR OF MAKING A MISTAKE. ONLY WAY OUR TRUE ABILITY WILL SHOW.

3.8 DESIGN - THE PURPOSE OF DESIGN IS TO PUT PLAYERS IN TO UTILIZE THEIR TALENTS. FLEXIBILITY, COMMUNICATION, CONSISTENT CONCEPTS ARE KEYS IN OUR PLAN TO ALLOW TO WIN.

3.9 BE A FOOTBALL PLAYER - GRAY AREAS ARE SORTED OUT INSTINCTIVE PLAYERS CAN MAKE THINGS WORK IN THESE

3.10 A GREAT FOOTBALL TEAM IS BUILT ON THE INDIVIDUAL DESIRE TO IMPROVE - GET LOST IN YOUR OWN WORLD.

#### 4. MIX DOWNS

4.1 OUR OBJECTIVE IS TO BE SUCCESSFUL ENOUGH ON FIRST CAN REMAIN IN A MIX DOWN OR UNPREDICTABLE SITUATION DEFENSE.

4.2 FOR US, A 2 TO 1 RUN-PASS RATIO ON MIX DOWNS HAS BEEN PRODUCTIVE. WE CAN SUBSTITUTE A CONTROL PASS IN A SITUATION.

4.3 WE WILL UTILIZE FORMATIONS AND PERSONNEL GROUPS TO RUN AND PASS EFFECTIVELY.

#### 4.4 RUNNING PLAYS

A. WE ARE BASICALLY A MAX SPLIT, M, AND COMBINATION RUN TO DAYLIGHT, RUNNING TEAM.

B. THE EMPHASIS FOR OUR M BLOCKS IS TO SQUARE DEFENDER OFF THE LOS AND SUSTAIN WITH HAND INSIDE. FOR OUR RUNNERS IT IS TO USE GOOD DAYLIGHT, BURST TO THE HOLE, AND THEN HAVE POWER TO RUN THROUGH ARM TACKLES.

C. WE WILL UTILIZE COMBINATION BLOCKS WHEN TACKLE ALIGNMENT ALLOWS FOR MORE AGGRESSIVE LINE

D. OTHER BLOCKING PATTERNS ARE GAME PLANNED

E. WE GAME PLAN OUR RUNS FROM THE OUTSIDE IN A WAY TO GET OUTSIDE ON THE PARTICULAR OPPONENT UTILIZE FORMATIONS AND MOTION SCHEMES TO MAKE THE DEFENSE PLAY MORE BASE TYPE DEFENSE

#### 4.5 DOWNFIELD COMBINATION PASSES

A. OUR BASIC DROPBACK PROTECTION INCORPORATES OFFENSIVE LINEMEN ARE ASSIGNED TO DEFENSE BACKS ARE ASSIGNED TO BACKERS. IN THIS SITUATION NOT BE A SIZE MISMATCH FOR OUR BACKS NOT BE A MISMATCH FOR OUR LINEMEN. ALSO, BY ASSIGNING BACKERS THEY CAN BE INCORPORATED INTO THE DEFENSE SHOULD THEIR BACKERS DROP INTO COVERAGE

B. OUR BASIC DESIGN IS TO GIVE US AN ALL PURPOSE ROUTE THAT WILL ALLOW US TO ATTACK THE DEFENSE WHETHER IT BE ZONE, MAN OR COMBO COVERAGE. VS ZONE TWO POTENTIAL RECEIVERS ARE PLACED ON ONE ZONE DEFENDER WITH ENOUGH VERTICAL OR HORIZONTAL SEPARATION BETWEEN THEM TO MAKE IT IMPOSSIBLE FOR THE DEFENDER TO COVER BOTH. AGAINST MAN, ADJUSTMENTS ARE BUILT TO GIVE RECEIVERS THE BEST CHANCE TO BEAT HIS DEFENDER ONE ON ONE. VERSUS COMBO THE RESPONSIBILITY IS FOR THE SINGLE COVERED RECEIVER TO BEAT HIS DEFENDER AND FOR THE QUARTERBACK TO GET HIM THE BALL.

C. IN OUR GAME PLANNING WE FIRST DECIDE WHAT WILL WORK AGAINST AN OPPONENT. NEXT, WE DECIDE WHAT WE CAN EXECUTE THE BEST. FINALLY, WE DECIDE WHAT WE WILL HAVE TIME TO WORK ON ENOUGH TO HAVE GAME READY. GENERALLY, WE GO INTO A GAME WITH ABOUT TEN MIX DOWN DOWNFIELD PASS COMBINATIONS.

D. A COMPLETE UNDERSTANDING OF CONCEPT, PRECISION AND ADJUSTMENT ARE KEY INGREDIENTS IN THIS PHASE.

#### 4.6 CONTROL PASSES

A. WHEN A CONTROL PASS CAN BE USED AS A RUNNING PLAY - IT MUST BE COMPLETED.

B. IT IS DESIGNED WITH A HIGH PERCENTAGE DOWNFIELD PATTERN AND A DUMP TYPE OUTLET. IF THE DOWNFIELD THROW IS THREATENED AT ALL, THE PASS SHOULD GO TO THE OUTLET.

C. THERE ARE A FEW PATTERNS THAT ARE PARTICULARLY GOOD FOR THIS PURPOSE. FOR THIS REASON, FORMATIONING IS VERY IMPORTANT TO THIS PHASE OF OUR ATTACK. WE CAN CONTINUE TO CHANGE UP THE LOOKS WITHOUT CHANGING UP THE PATTERNS.

#### 4.7 SHOTS (HOME RUNS)

A. THERE ARE THREE BASIC REASONS WHY WE WANT TO TAKE OUR SHOTS. FIRST, WE FEEL THAT THERE IS A REASONABLE CHANCE OF HITTING IT - OTHERWISE IT WOULD NOT BE IN THE GAME PLAN. SECOND, IT SERVES TO KEEP DEFENDERS FROM SQUATTING ON US. THIRD, THERE ARE AN UNUSUAL AMOUNT OF PASS INTERFERENCE CALLS CALLED ON BOMBS.

B. OUR BASIC DESIGN IS TO GET THE BEST MATCH UP ON A GO ROUTE AND LET IT FLY SHOULD WE GET SINGLE COVERAGE. TO THE OTHER SIDE, WE BUILD IN AN ALL PURPOSE ROUTE THAT SHOULD BE GOOD IF WE DO NOT GET THE COVERAGE FOR THE SHOT.

#### 4.8 2nd & 1-2

A. WE TREAT 2ND & 1-2 AS A COMBINATION OF MIX DOWN, SHORT YARDAGE & BACKED-UP.

B. CONVERSION IS THE OBJECTIVE - WE SHOULD CONVERT WITH THE 2ND DOWN PLAY AND IF NOT, BE IN POSITION TO CONVERT WITH A SHORT YARDAGE PLAY ON 3RD DOWN.

C. BECAUSE WE HAVE THE ADVANTAGE IN THIS SITUATION, OUR OPPONENT WILL BE PLAYING A GAMBLING STYLE OF DEFENSE - PRESSURE DEFENSE WITH STUNTS, RUN DOGS AND QUICK FORCE.

D. WE WILL USE NORMAL SPLITS BUT BE ALERT FOR PENETRATING INSIDE CHARGES AND STUNTS.

E. WE WILL USE FORMATIONS AND PLAYS THAT ACCOUNT FOR AN AGGRESSIVE PERIMETER FORCE.

F. WE ARE HEAVY RUN IN THIS SITUATION - A SHOT PASS PLAY WILL BE AN OCCASIONAL CHANGE-UP.

## 5. LONG YARDAGE

5.1 OUR THIRD DOWN CONVERSION RATE IS A CRITICAL FACTOR. EVERY CONVERSION THAT WE MAKE OVER WHAT OUR OPPONENT MAKES REPRESENTS ABOUT 40 YARDS OF FIELD POSITION.

5.2 DEFENSIVE STRATEGIES GENERALLY FALL INTO THREE BASIC CATEGORIES.

A. 3rd & 3-6 DEFENSES LIKE TO PLAY TIGHT COMBINATION OR YALE TYPE COVERAGES AND MIX IN SOME DOG. THEY CANNOT AFFORD TO SIT BACK IN A SOFT MAN TO MAN OR ZONE COVERAGE AND LET A QUARTERBACK PICK UNDER COVERAGE APART FOR FIRST DOWN YARDAGE.

B. 3rd & 7-15 - DEFENSES MIX THEIR COVERAGES MORE IN THIS SITUATION. GENERALLY, THEY WILL PLAY COMBINATION AND 11 ROBBER TYPE COVERAGES AND MIX IN A SMALL AMOUNT OF ZONE. THIS SITUATION DEFENSIVE STRATEGY IS TO COMBINE RUSH PLUS COVERAGE TO STOP THE OFFENSE.

C. 3rd & 15 PLUS - THIS IS A ZONE COVERAGE SITUATION. THE DEFENSIVE STRATEGY IS TO GIVE UP THE UNDERNEATH THROW AND MAKE THE TACKLE BEFORE THE RECEIVER CAN RUN FOR THE FIRST DOWN.

D. IN ADDITION TO THEIR BASIC STRATEGIES, DEFENSES WILL EMPLOY A PRESSURE PACKAGE TO SOME DEGREE. IT IS IMPORTANT TO IDENTIFY WHAT THIS PACKAGE IS AND HOW IT IS USED. IS IT USED ON 3rd & 12 TO FORCE THE SIGHT ADJUST, OR IS IT USED AS A MOMENTUM CHANGER? THESE PRESSURE PACKAGES SEEM TO GO TRENDS. OVER THE PAST TWO SEASONS THE 5-0 LOOK WITH AN INSIDE DOG OR BLITZ HAS BEEN MORE PREVALENT THAN PERIMETER BLITZES.

5.3 WE FEATURE GUN FORMATIONS IN LONG YARDAGE SITUATIONS.

A. THESE FORMATIONS SPREAD THE DEFENSE AND ALLOW US TO ATTEND THE WIDTH AND DEPTH OF THE FIELD IN A VARIETY OF WAYS.

B. THE QUARTERBACKS GUN ALIGNMENT MAKES IT EASIER TO PROTECT HIS LAUNCH POINT, GIVES HIM MORE VISION AND ALLOWS HIM TIME TO DEAL WITH PRESSURE.

5.4 OUR FOUR RECEIVER OUT PROTECTION SCHEME INCORPORATES COMBINATION READS. VISION AND COMMUNICATION ARE CRITICAL.

5.5 WE ALSO USE QUARTERBACK UNDER THE CENTER FORMATIONS AS A CHANGE UP. THE ADDED RUN THREAT AND THE QUARTERBACK BEING ABLE TO RECEIVE THE SNAP AND THROW MORE QUICKLY FROM THESE FORMATIONS MAKE THEM SUITABLE FOR 3rd & 3-6 OR 2nd & LONG SITUATIONS.

5.6 MOTION SCHEMES ARE PARTICULARLY IMPORTANT IN LONG YARDAGE SITUATIONS WHEN PRESS TYPE COVERAGES CAN DISRUPT TIMING AND DOWNFIELD STRETCH. OUR MOTION SCHEMES ARE DESIGNED TO ALLOW A QUICKER RELEASE TO A PREFERRED DIRECTION.

5.7 PLACEMENT OF PERSONNEL IS A BIG KEY TO OUR LONG YARDAGE ATTACK. WE PLACE A SLASHING RECEIVER WITH ONE WHO HAS A LOT OF BURST AND ALLOW THEM TO RUN THE ROUTES THAT THEY ARE MOST SUITED FOR.

5.8 WE HAVE THREE BASIC APPROACHES TO OUR PATTERN DESIGN THAT CORRESPOND WITH THE DEFENSIVE STRATEGIES.

A. 3rd & 3-6 - WE STAY TO ONE SIDE WITH LATERAL BURSTING ROUTES AND POP BACK TYPE ROUTES.

B. 3rd & 7-15 - WE USE PATTERN COMBINATIONS DESIGNED TO DEFEAT SPECIFIC COVERAGES THAT OUR OPPONENTS MAY BE USING. IT IS THE RESPONSIBILITY OF THE RECEIVER THAT IS SINGLED TO SEPARATE FROM HIS DEFENDER AND FOR THE QUARTERBACK TO GET HIM THE BALL. AT TIMES, WE WILL BUILD A ZONE PATTERN TO THE OPPOSITE SIDE AND GO TO IT SHOULD WE DRAW A ZONE COVERAGE. WITH VERY FEW EXCEPTIONS, WE DO NOT ADJUST OUR ROUTES TO DISTANCE. IF THE ROUTE DOES NOT TAKE US TO FIRST DOWN DEPTH, WE ATTEMPT TO PICK IT UP WITH THE RUN AFTER THE CATCH.

C. 3rd & 15 - WE USE PATTERN COMBINATIONS DESIGNED FOR ZONE. OFTEN THE DEFENSE WILL FORCE US TO THROW ON UNDERNEATH ROUTE. IF WE CANNOT PICK UP THE FIRST DOWN WITH THE RUN AFTER THE CATCH, WE ARE AT LEAST PLAYING THE FIELD POSITION GAME WELL.

5.9 WE WANT TO TAKE SHOTS IN LONG YARDAGE SITUATIONS FOR THE SAME REASONS AS WE DO IN MIX DOWNS, PLUS ONE. THERE WILL BE TIMES THAT WE FEEL THAT THE CHANCES OF HITTING A SHOT ARE AS GOOD AS PICKING UP A 3RD AND VERY LONG.

5.10 OUR 3rd & LONG RUN PACKAGE SERVES THREE PURPOSES. FIRST, WE FEEL THAT THERE IS A REASONABLE CHANCE OF IT WORKING - OTHERWISE IT WOULD NOT BE IN THE GAME PLAN. SECOND, IT GIVES THE DEFENSE MORE TO THINK ABOUT THAN RUSHING THE PASSER AND PLAYING PASS DEFENSE. THIRD, IT CAN BE A PERCENTAGE PLAY WHEN WE ARE IN FIELD GOAL RANGE OR WHEN WE ARE BACKED UP.

5.11 WE MAY ALSO CHOOSE TO USE THIS PACKAGE IN 2ND & LONG SITUATIONS.

6. GOAL LINE AND SHORT YARDAGE

6.1 ON THE GOAL LINE, WE MUST SCORE A TD. WE SHOULD BE EFFECTIVE ON 90% OF OUR GOALLINE PLAYS.

6.2 WE SHOULD BE 85% EFFECTIVE IN SHORT YARDAGE SITUATIONS.

- 6.3 WE CANNOT AFFORD TO MOVE OURSELVES OUT OF ONE OF THE EFFICIENCY SITUATIONS BY COMMITTING A NEEDLESS PENALTY.
- 6.4 OUR OPPONENT WILL BE PLAYING A DESPERATE, GAMBLING DEFENSE. WE MUST BE ALERT FOR VERY QUICK, LOW, PENALTY INSIDE CHARGES ON SLANTS.
- 6.5 WE WILL CUT OUR SPLITS TO ONE FOOT TO PREVENT INSIDE PENETRATION AND TO ALLOW US TO UTILIZE COMBINATION PLAYS.
- 6.6 MOST OF THE TIME WE WILL USE A CLOSE FORMATION TO STOP AN AGGRESSIVE PERIMETER FORCE OR BLITZ.
- 6.7 WE WILL USE A SIMPLE SNAP COUNT SO THAT WE CAN COORDINATE BEATING OUR OPPONENT TO THE PUNCH. WE WILL VARY THE SNAP COUNT IN SHORT YARDAGE IN AN ATTEMPT TO DRAW THE DEFENSE WHEN OUR GAME PLANNING INDICATES A STRONG ADVANTAGE.
- 6.8 AT TIMES, IN SHORT YARDAGE, AND MORE OFTEN ON THE PERIMETER, THE DEFENSE WILL COMMIT ADDITIONAL PEOPLE TO STOP THE PERIMETER BLITZ FROM AN INSIDE DOG BY AN OUTSIDE DEFENDER. ON THESE SITUATIONS ADDITIONAL PRESSURE WILL BE IN VERY SHORT YARDAGE SITUATIONS OR OFTEN ON FIRST DOWN. IF OUR OFFENSE IS STOPPED ON FIRST DOWN, WE WILL BE PUT IN A MORE DIFFICULT SITUATION.
- 6.9 FIRST DOWN IS THE BEST TIME TO THROW BALL ON THE PERIMETER WITH THE TENDENCY TO COMMIT ADDITIONAL PEOPLE TO STOP THE RUN IN THIS SITUATION, COVERAGE WILL BE REDUCED.
- 6.10 THE DEFENSE IS MORE WILLING TO GAMBLE ON OFFENSE. WE MUST BE AWARE OF OUR OWN TENDENCIES SO THAT A PLAY SCHEME DESIGNED TO STOP A PLAY CAN BE ANTICIPATED.
- 6.11 WE MUST BE ALERT TO OUR OPPONENTS TENDENCIES TO STOP A PLAY THAT WOULD INDICATE A GOAL LINE DEFENSE IN A SITUATION.
- 6.12 WE WILL UTILIZE MISMATCHES IN PERSONNEL WHENEVER POSSIBLE.
- 6.13 WE WILL UTILIZE FORMATIONS AND MOTION SCHEMES TO STOP THE PERIMETER FORCE OR FILL OR TO MANIPULATE A SLANT. ALSO WE WILL BE AWARE OF A COMMUNICATION PROBLEM THAT IT CAUSES THE DEFENSE TO STOP MOTION IF IT DOES NOT EFFECT OUR PLAY.
- 6.14 WE WILL LAY OUT ON OUR BLOCKS. WE WILL BLOCK AND MATCH OUR OPPONENTS CHARGE. WE MUST KEEP OUR BLOCKS AND GET PUSH AT THE SAME TIME. WE WANT TO USE OUR BLOCKS WHERE FEASIBLE TO PROVIDE MORE PUSH.
- 6.15 WE MUST BE SECURE WITH OUR BALL HANDLING.
- 6.16 OUR BALL CARRIER MUST START QUICK, READ QUICK, AND KNOW THE HOLE. HE MUST KNOW THE SITUATIONS AND WHEN TO KNOW WHEN TO GO OVER THE TOP FOR THE SHORT YARDAGE, HE MUST RUN FOR THE STICKS FOR THE EXTRA YARDS.

## 7. PLUS 25

- 7.1 WE MUST SCORE WITH EITHER A TD OR A FG.
- 7.2 WE CANNOT TURN THE BALL OVER OR TAKE A SACK OR COMMIT A PENALTY THAT WILL TAKE US OUT OF FG RANGE.
- 7.3 MOST DEFENSES WILL BECOME MORE DESPERATE THE CLOSER THE OFFENSE GETS TO THE GOAL LINE. WE WILL KNOW WHAT YARD LINE, WHAT DOWN AND DISTANCE AND WHAT SCORING COMBINATION WILL TRIGGER OUR OPPONENT INTO THEIR PLUS 25 PHILOSOPHY.
- 7.4 IT IS IMPORTANT TO IDENTIFY OUR OPPONENTS PLUS 25 PHILOSOPHY. SOME TEAMS WILL USE A "SEND NO ONE" OR "SEND THEM ALL" CONCEPT. OTHERS WILL UTILIZE MODERATE PRESSURE AND TIGHT COVERAGE. FINALLY, AN INCREASING NUMBER OF TEAMS SIMPLY MAINTAIN THEIR IN THE FIELD PHILOSOPHY. THESE TEAMS DEPEND UPON CONTAINMENT AND OFFENSIVE SELF-DESTRUCTION.
- 7.5 BECAUSE OF THE SHORT FIELD, MANY TEAMS CHOOSE NOT TO GIVE POST HELP. INSTEAD, THEY USE COMBINATION COVERAGES IN AN ATTEMPT TO TAKE AWAY AN OFFENSIVE STRENGTH OR TENDENCY.
- 7.6 AN INCREASING NUMBER OF TEAMS ARE USING ZONE COVERAGES IN THIS AREA OF THE FIELD. THIS IS BECAUSE OF THE VARIETY OF FORMATIONS, MOTION SCHEMES, PERSONNEL GROUPINGS THAT OFFENSES HAVE BEEN USING RECENTLY. ALSO, THE FACT THAT MOST TEAMS HAVE A CAPABLE BACK THAT CAN BE INVOLVED IN DOWNFIELD ROUTES ALSO SUGGESTS ZONE COVERAGE.
- 7.7 SELF-SCOUTING IS AN IMPORTANT ITEM IN THE PLUS 25 AS A DEFENSIVE TEAM BECOMES MORE DESPERATE THEY WILL BE MORE WILLING TO GAMBLE ON OFFENSIVE TENDENCIES.
- 7.8 AS THE FIELD SHRINKS IT BECOMES MORE DIFFICULT TO MOVE THE BALL. FOR THIS REASON, WE WOULD PREFER TO SCORE QUICKLY. MANY TIMES WE WILL INCREASE THE RATIO OF OUR PASS ATTEMPTS IN THIS AREA OF THE FIELD.
- 7.9 OUR PASS PLAYS IN THIS AREA OF THE FIELD INCORPORATE CERTAIN PRINCIPLES. FIRST, WE WILL UTILIZE FORMATIONING IN AN ATTEMPT TO CREATE A MISMATCH OR SINGLE COVERAGE FOR A RECEIVER TO RUN A DOWNFIELD ROUTE DESIGNED TO SCORE. SECOND, WE WILL PROVIDE THE QUARTERBACK WITH A SIMPLE OUTLET SHOULD WE NOT DRAW THE RIGHT COVERAGE. THIRD, BECAUSE WE ARE LIKELY TO BE OPERATING AGAINST A PRESSURE DEFENSE WE WILL UTILIZE QUICKER RHYTHM PATTERNS. FOURTH, WE WILL USE SOUND PROTECTION SCHEMES. FIFTH, WE WILL STRESS BLITZ CONTROL.
- 7.10 OUR RUN PLAYS WILL ACCOUNT FOR VERY QUICK PERIMETER FORCE OR BLITZ.
- 7.11 THE SCORING COMBINATION AND TIME REMAINING WILL BE A DETERMINING FACTOR IN OUR APPROACH. IF WE CAN SETTLE FOR A FIELD GOAL WE CAN BE MORE CONSERVATIVE WITH OUR PLAY CALLING.
- 7.12 WE WILL HAVE SET MIX DOWNS AS WELL AS LONG YARDAGE RUN AND PASS PLAYS.



## BACKED UP

- 8.1 OUR FIRST OBJECTIVE IS TO MOVE THE BALL OUT TO THE FIVE YARD LINE WHERE WE CAN USE OUR NORMAL SPREAD PUNT. WE WANT TO MAKE AT LEAST ONE FIRST DOWN BEFORE HAVING TO PUNT.
- 8.2 MOST DEFENSIVE TEAMS PLAY AN AGGRESSIVE, CONTAINING DEFENSE. WE MUST BE ALERT FOR AN INSIDE CHARGE BY THE FORCING UNIT IN THEIR ATTEMPT TO SHUT OFF THE STRAIGHT AHEAD PLAY. THEIR OBJECTIVE IS TO HOLD THE OFFENSE TO 3 YARDS OR LESS PER PLAY WITHOUT RISKING GIVING UP AN 98 YARD HOME RUN.
- 8.3 SOME TEAMS WILL GAMBLE MORE BY COMMITTING MORE PEOPLE TO STOPPING THE RUN. WE MUST BE PARTICULARLY ALERT TO THIS STYLE OF DEFENSE WHEN WE ARE BACKED UP INSIDE OUR OWN 1 OR 2 YARD LINE. THESE SCHEMES WILL OFTEN INCORPORATE LINEBACKER DOGS AND PERIMETER BLITZES.
- 8.4 WE WILL CUT OUR SPLITS TO 2 FEET TO PREVENT INSIDE PENETRATION AND TO ALLOW US TO UTILIZE COMBINATION BLOCKS.
- 8.5 WE WILL USE A SIMPLE SNAP COUNT SO THAT WE CAN CONCENTRATE ON BEATING OUR OPPONENT TO THE PUNCH.
- 8.6 WE WILL UTILIZE FORMATIONS AND MOTION SCHEMES TO REDUCE THE FORCE OR FILL OR TO MANIPULATE A SLANT.
- 8.7 WE MUST KEEP OUR OPPONENT COVERED AND GET PUSH AT THE SAME TIME. WE WANT TO USE COMBINATION BLOCKS WHERE FEASIBLE TO PROVIDE MORE PUSH.
- 8.8 WE MUST BE SECURE WITH OUR BALL HANDLING.
- 8.9 OUR BALL CARRIER MUST START QUICK, READ QUICK AND LAY OUT QUICK FOR THE HOLE.
- 8.10 WE WILL HAVE A SET 3 RUN PLAY SEQUENCE DESIGNED TO GET OUT OF THE BACKED UP AREA.
- 8.11 WE WILL HAVE A MIX DOWN PASS PLAY AND A NICKEL PASS PLAY THAT THE SITUATION MAY CALL FOR.
- 8.12 WE WILL HAVE A SET NICKEL RUN THAT A SITUATION MAY CALL FOR.
- 8.13 WE WILL HAVE A PLAY SET FOR WHEN WE ARE BACKED UP INSIDE OUR OWN 1 YARD LINE.
9. RUN OUT THE CLOCK
  - 9.1 OUR OBJECTIVE IS TO RUN OUT THE CLOCK. AT TIMES, THIS WILL REQUIRE THAT WE PICK UP A FIRST DOWN. IF WE ARE UNABLE TO PICK UP THE FIRST DOWN WE WILL USE UP AS MUCH TIME AS POSSIBLE.
  - 9.2 WE WANT THE CLOCK TO RUN.
    - A. BALL CARRIERS MUST STAY IN BOUNDS.
    - B. DO NOT CALL A TIME OUT.

C. USE NEAR THE FULL 30 SECONDS BETWEEN EACH PLAY. (USE TIME AT OR NEAR LOS).

D. DO NOT ASK FOR A MEASUREMENT AFTER FIRST OR SECOND DOWN.

E. IF THERE IS LESS THAN 30 SECONDS LEFT, LET THE CLOCK RUN OUT WITHOUT LEAVING THE HUDDLE.

F. WE CANNOT STOP THE CLOCK BY COMMITTING A NEEDLESS PENALTY. THIS IS ONE REASON WHY WE WILL USE A SIMPLE SNAP COUNT.

9.3 OUR OPPONENT WILL BE PLAYING A VERY DESPERATE STYLE OF DEFENSE. WE MUST BE ALERT FOR A VERY QUICK, LOW, PENETRATING INSIDE CHARGE OR SLANT.

9.4 BECAUSE OFFENSES ARE RELUCTANT TO THROW THE BALL IN THIS SITUATION, THE DEFENSE CAN COMMIT ADDITIONAL PEOPLE TO STOPPING THE RUN. WE MUST BE ALERT FOR AN INSIDE DOG BY AN OUTSIDE BACKER AND A PERIMETER BLITZ FROM A SECONDARY DEFENDER.

9.5 MOST OF THE TIME WE WILL USE A CLOSE FORMATION TO HELP CONTROL AN AGGRESSIVE PERIMETER FORCE OR BLITZ.

9.6 WE WILL CUT OUR SPLITS TO 2 FEET TO HELP PREVENT INSIDE PENETRATION.

9.7 WE MUST BE SECURE WITH OUR BALL HANDLING. A BALL CARRIER MUST OVER PROTECT THE BALL AND NOT RUN WITH SUCH ABANDON THAT HE GIVES THE DEFENSE A SHOT AT THE BALL.

9.8 OUR ATTACK WILL CONSIST OF SHORT YARDAGE TYPE RUN PLAYS. WE WILL ALSO CARRY ONE OR TWO VERY HIGH PERCENTAGE PASS PLAYS. IF A PASS IS CALLED, IT MUST BE COMPLETED.

#### 10. TWO MINUTE OFFENSE

10.1 WE WILL USE OUR TWO MINUTE OFFENSE WHEN WE ARE BEHIND AND THERE IS LESS THAN TWO MINUTES TO PLAY. WE WANT TO WORK WITH QUICKNESS AND POISE KNOWING THAT THERE ARE A LOT OF WAYS TO STOP THE CLOCK AND THAT WE NEED TO HIT JUST ONE OUT OF FOUR PLAYS TO KEEP OUR DRIVE ALIVE.

10.2 WE MAY USE OUR TWO MINUTE OFFENSE NEAR THE END OF THE HALF. WE MUST BE CONSERVATIVE IN THIS SITUATION. THE DECISION TO USE OUR "HURRY-UP ATTACK" WILL BE BASED ON THE TIME REMAINING, THE SCORE AND THE RISK FACTOR - WE CANNOT AFFORD TO TURN THE BALL OVER NOR CAN WE STOP THE CLOCK WITH INCOMPLETED PASSES, GIVING OUR OPPONENT TIME TO SCORE.

10.3 THE DEFENSE WILL BE PLAYING WITH ONE OF TWO STYLES.

A. IF OUR OPPONENT FEELS THAT THEY CAN STOP US WITH THE CLOCK OR LONG FIELD THEY WILL OFTEN UTILIZE MAXIMUM ZONE COVERAGE THAT PROTECTS THE SIDELINE.

B. IF OUR OPPONENT FEELS THAT THEIR DEFENSE MUST STOP US. THEY WILL USE RUSH PLUS COVERAGE IN AN ATTEMPT TO DO SO. THIS MEANS THAT THEY WILL EMPLOY A 4 MAN RUSH AND UTILIZE COMBINATION COVERAGES ALONG WITH ZONE COVERAGES, OR THEY MAY DECIDE TO COME AFTER US WITH A COMBINATION OF DOG AND MUST HAVE A PLAN TO DEAL WITH BOTH SITUATIONS.

#### 10.4 BASIC OFFENSIVE CONCEPTS

A. UTILIZE SET PROCEDURE AT LOS.

B. UTILIZE ONE SNAP COUNT.

C. UTILIZE ONE BASIC FORMATION.

D. USE A TIME OUT:

1) BEFORE A 4th DOWN PLAY.

2) AT FIVE SECONDS WHEN WE ARE IN FIELD GOAL RANGE AND NEED ONE TO WIN.

3) WHEN THE CLOCK IS RUNNING AND THERE IS LESS THAN ONE MINUTE AND WE HAVE TWO OR MORE TIME OUTS REMAINING.

4) AFTER A LONG GAIN (20+ YARDS) AND WE HAVE TWO OR MORE TIME OUTS REMAINING.

E. HAVE SET PAIRS OF HUDDLE PLAYS (3 SETS OF 2).

F. HAVE THE LAST 3 PLAYS OF THE GAME SET.

G. HAVE LAST CHANCE PLAYS

1) PLUS 5

2) PLUS 10

3) PLUS 20

4) OUTSIDE 20

10.5 WE MUST HAVE A THOROUGH UNDERSTANDING OF WHAT STOPS THE CLOCK.

A. A CALLED TIME OUT.

B. INCOMPLETE PASS - NEVER THROW THE BALL AWAY TO STOP THE CLOCK ON 4th DOWN.

C. BALL CARRIER GOES OUT OF BOUNDS.

D. PENALTY - UNLESS OFFENSIVE PENALTY IS CONSIDERED INTENTIONAL.

E. TWO MINUTE WARNING.

F. MOVE CHAINS OR UNUSUAL DELAY IN SPOTTING THE BALL - CLOCK STARTS ON REFEREE'S SIGNAL.

#### 11. AUDIBLE PHILOSOPHY

1.11 TROUBLE AUDIBLES ARE USED TO GET OUT OF A POTENTIALLY BAD PLAY.

11 /

A. EXAMPLE:

- 1) 29 M VS SAM UP: AUDIBLE 38 TS
- 2) 34 VS 6 SKY: AUDIBLE 25 LD
- 3) P34 Z OPTION VS 3 DEEP: AUDIBLE 25 LD

B. WE WILL USE A TROUBLE AUDIBLE ANYTIME THAT A PRE-SNAP LOOK INDICATES TROUBLE FOR A PLAY.

11.2 ADVANTAGE AUDIBLES ARE USED TO TAKE ADVANTAGE OF SPECIFIC DEFENSIVE WEAKNESSES. THEY CAN BE DIVIDED INTO TWO CATEGORIES.

A. POTENTIAL BIG PLAY

- 1) VS 3 BLITZ - AUD 669 FIRM
- 2) VS 9 DOG - AUD 896

B. BETTER PLAY THAN THE ONE CALLED IN THE HUDDLE

EXAMPLE:

- 1) VS COVER 2 - AUD 612
- 2) VS SOFT CORNER - AUD 50

C. ADVANTAGE AUDIBLES ARE BASED A LOT ON "FEEL". THE QUARTERBACK SHOULD REALLY "FEEL" THAT THE PLAY WILL BE SUCCESSFUL FOR HIM TO AUDIBLE TO IT.

D. THERE IS ALSO A COMMON SENSE PRINCIPLE AS TO WHEN TO USE AN ADVANTAGE AUDIBLE.

EXAMPLE:

1) WHEN WE ARE TRYING TO CONTROL THE BALL LATE IN THE HALF OR GAME, WE WOULD WANT TO STAY WITH A HIGH PERCENTAGE PLAY RATHER THAN AUDIBLE TO POTENTIAL BIG PLAY. A SOLID PLAY SUCH AS A RUN WILL CONSUME MORE TIME AND HAS MORE VALUE THAN "A CHANCE" AT HITTING ON A BIG PLAY ON THIRD DOWN.

2) WHEN WE ARE NEARING FIELD GOAL RANGE, WE MAY WANT TO SIMPLY ADVANCE THE BALL INTO FIELD GOAL RANGE. A HIGH PERCENTAGE PLAY TO ADVANCE THE BALL MAY BE MORE IMPORTANT TO US THAN "A CHANCE" AT HITTING ON A BIG PLAY.

12

GENERAL TERMS AND ABBREVIATIONS

DE: SIDE OF THE TIGHT END AND DIRECTION OF THE CALL SIDE.

E: SIDE AWAY FROM TIGHT END AND AWAY FROM FORMATION CALLED.

IDE: SIDE TO WHICH THE PLAY IS CALLED.

E: SIDE AWAY FROM PLAY CALLED.

D: MAN OVER ON L.O.S.

RED: MAN OVER OFF L.O.S.

RN BLOCKING: BASIC BLOCKING SCHEME FOR DESIGNATED PLAYS.

ING CALLS: BLOCKING ADJUSTMENTS.

ER: A MOVE BY ONE OR MORE BACKS AWAY FROM P.O.A. *Point of Attack*

UENCE: REMAINING BACK GOING AWAY FROM P.O.A.

I: DESTROYING KEY OF DEFENDER BY AN OFFENSIVE MOVE.

ERIES: TWO BACKS GOING IN THE SAME DIRECTION.

L SERIES: THE FB HITS OVER THE ONSIDE GUARD AS A BLOCKER, FAKER OR BALL CARRIER.

IP SERIES: THE FB HITS OVER THE GUARD AWAY FROM THE P.O.A. AS A BLOCKER, FAKER OR BALL CARRIER.

SS SERIES: COMBINATION OF LINE BLOCKING AND BACKS ON A LATERAL SWING MOVE INTO A DESIGNATED HOLE. (BASE TE SIDE).

ANT OR DIVE: BACKS ON A LATERAL SWING MOVE INTO A DESIGNATED HOLE.

RAW SERIES: INDEPENDENT MOVEMENT OF THE BACKS TOWARDS LOS.

AG: A DELAY HANDOFF WITH DELAYED BLOCKING OFF AN INITIAL ACTION THAT SHOWS PASS.

SLOW: A CROSSING ACTION OF BACKS OFF DRAW ACTION.

SPECIAL: A PASSING TERM TELLING THE TE TO STAY IN AND BLOCK. LINEMEN ON SLOW SIDE, ALERT 1, 2, 3 BLOCKING.

SIGHT ADJUSTMENT: A TERM USED TO DEFINE ANY UNUSUAL PLAY.

FRONT OUT: BLOCK ADJUSTMENTS MADE VS SHIFTING DEFENSES OR PASS ROUTE ADJUSTMENT TO BLITZ.

EVERSE OUT: A TERM TELLING THE QB TO OPEN OUT TOWARD THE P.O.A.

SINK: A TERM TELLING THE QB TO OPEN OUT AWAY FROM P.O.A.

A 34 ALIGNMENT WHERE A DEFENSIVE END ALIGNS ON THE OUTSIDE SHOULDER OF THE GUARD - STRONG OR WEAK.

13

BUBBLE: A FRONT WITH A LINEBACKER OVER A GUARD OR TACKLE.  
SWAP: THE CHANGE OF POSITION BETWEEN RUNNING BACKS.  
SWITCH: CHANGE OF ASSIGNMENTS BETWEEN THE RUNNING BACKS.  
CROSSFIELD: AN ASSIGNMENT TAKE BY OFFSIDE LINEMEN WHEREBY THEY  
ARE BLOCKING THE MOST DANGEROUS DEFENDER AT THE  
P.O.A.  
SCRAPE: A MOVEMENT BY THE LINEBACKER OFF THE TAIL OF A  
DEFENSIVE LINEMAN.

ABBREVIATIONS

L.O.S.	LINE OF SCRIMMAGE
P.O.A.	POINT OF ATTACK
CP	COACHING POINT
N/T	NOT THERE
LB	LINEBACKER
DR	DRAW
EX	EXAMPLE
REV	REVERSE
SCR	SCREEN
TECH	TECHNIQUE
CK	CHECK
AUD	AUDIBLE
INFL	INFLUENCE
BLK	BLOCK
B & R	BUMP & RUN
PSL	PRE-SNAP LOOK
NPU	NO PICK UP
SPU	SWING PICK UP
COV	COVERAGE
MDM	MOST DANGEROUS MAN

17

FORMING A PLAY

ARTERBACK WILL CALL A RUNNING PLAY IN THE FOLLOWING SEQUENCE:

ICE:

QB CALL:

ION  
CARRIER & HOLE NUMBER  
S  
ING SCHEME  
COUNT

OPPOSITE RIGHT  
29 *2 back to a hole*  
F  
X  
ON TWO

ETE CALL: OPPOSITE RIGHT - 29F X - ON TWO

QUARTERBACK WILL CALL A POCKET PASS PLAY IN THE FOLLOWING  
ENCE:

QB CALL:

ENCE:

SPLIT RIGHT  
6  
1  
2  
X GO  
ON TWO

ATION  
ECTION SERIES NUMBER  
ERN COMBINATION TO Z SIDE  
INATION AWAY FROM Z  
IBLE PATTERN VARIATION  
COUNT

LETE CALL: SPLIT RIGHT - 6 - 12 - X GO - ON TWO

QUARTERBACK WILL CALL A PLAY PASS IN THE FOLLOWING SEQUENCE:

UENCE:

QB CALL:

MATION  
TECTION & PLAY FAKE ACTION  
TERN VARIATION  
P COUNT

I RIGHT  
ACTION PASS 25 STRONG  
BUSS  
ON TWO

MPLETE CALL: I RIGHT - ACTION PASS 25 STRONG - BUSS - ON TWO

TUATIONS THAT REQUIRE CHANGES IN LINE SPACING OR OTHER ADJUSTMENTS  
LL BE PREFACED IN THE HUDDLE.

- 1 SHORT YARDAGE - 1 FOOT SPLITS. NO SHIFTING UNLESS CALLED.
- 2 CONTROL - 2 FOOT SPLITS
- 3 BACKED UP - 2 FOOT SPLITS

IMMEDIATELY UPON REACHING THE LOS, INTERIOR LINEMEN ASSUME A FUNDAMENTAL POSITION - CROUCHED WITH ELBOWS ON KNEES WITH RIGHT HAND CLASP OVER LEFT.

RUNNING BACKS WILL HAVE THEIR HANDS ON KNEES AND WIDE RECEIVERS ASSUME AN UP STANCE. Y WILL ASSUME A 3 POINT STANCE.

AT THE LOS THE QUARTERBACK WILL CHECK THE DEFENSE AND THEN BEGIN THE CADENCE.

1. 34 SET

THIS IS PHASE ONE. THE "34" INDICATES THE DEFENSIVE FRONT. THE "SET" IS USED TO SET THE TEAM OR AS A QUICK COUNT.

ON THE WORD "SET" THE INTERIOR LINEMEN SIMULTANEOUSLY ASSUME A 3 POINT STANCE.

INTERIOR LINEMEN CANNOT RAISE THEIR HAND ONCE IT HAS TOUCHED THE GROUND.

2. 2-29 2-29

PHASE TWO - AUDIBLE PHASE. THE SINGLE DIGIT NUMBER INDICATES AN ALERT FOR A LIVE OR DUMMY AUDIBLE.

3. HIKE-HIKE-HIKE

PHASE THREE - ON THE NUMBERED COUNT. THE BALL WILL BE SNAPPED ON THE DESIGNATED HIKE. HIKE IS USED AS THE SNAP COUNT BUT IS CALLED AS A NUMBER IN THE HUDDLE.

EXAMPLE WITH SNAP COUNT ON TWO:

34 SET - 1-28 1-28 HIKE-HIKE

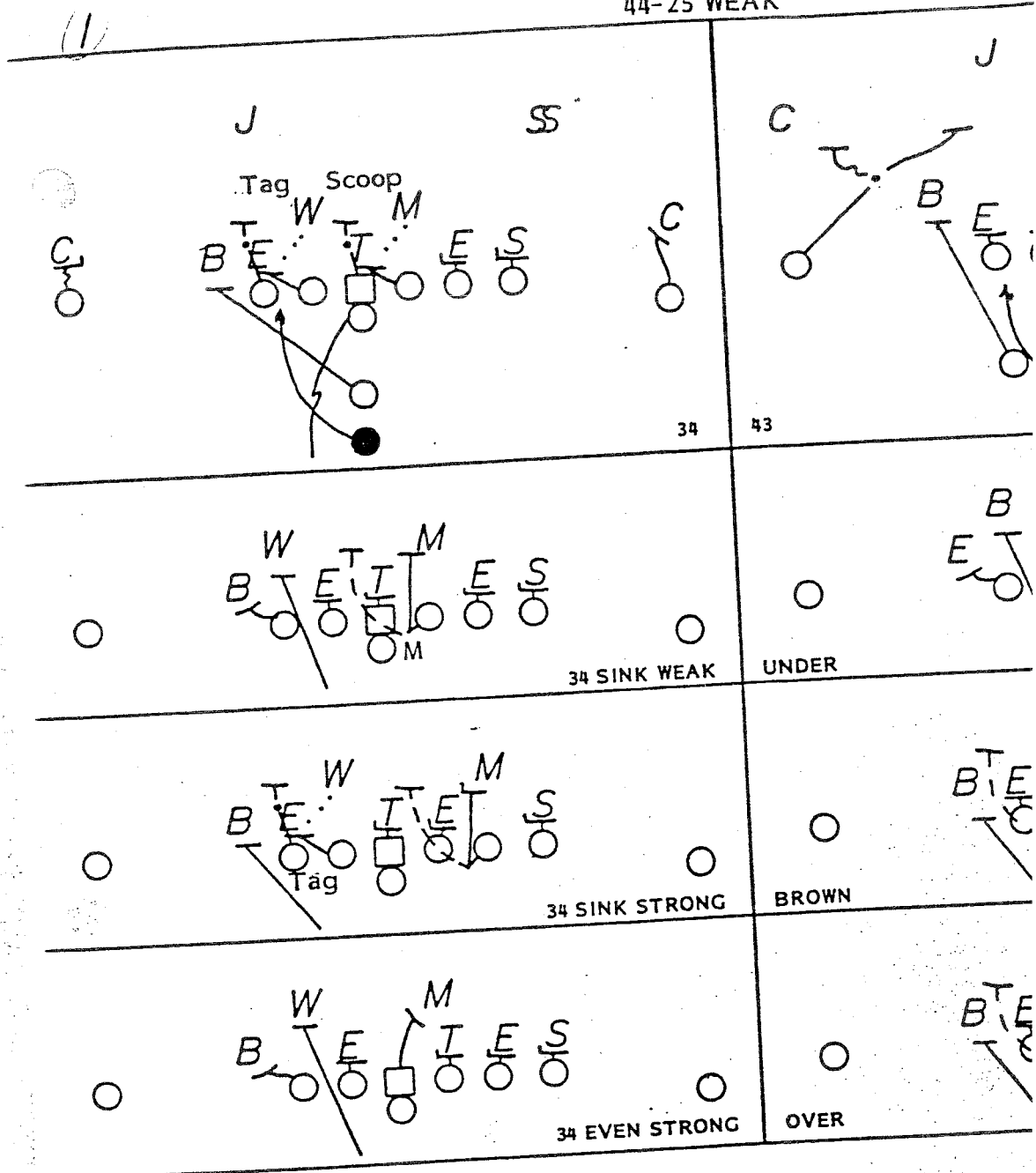
THE BALL MAY BE SNAPPED ON:

1. SET: 4 SET
2. ON "THE" AUDIBLE: 34 SET 2
3. ON THE 2ND AUDIBLE: 34 SET 2-38 2
4. ON A NUMBERED COUNT: 34 SET - 1-28 1-28 HIKE-HIKE

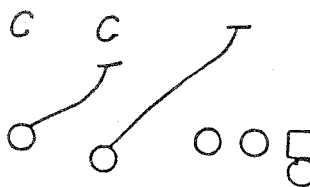
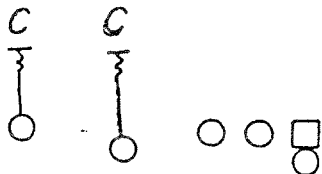
NOTES:

1. IF BACKS ARE TO SHIFT, THEY WILL ON THE FRONT CALL.
2. WE WANT TO USE OUR CADENCE AS AN OFFENSIVE WEAPON. WE MUST CONTINUALLY WORK TO KEEP OUR COUNT NON-RHYTHMIC - BREAK IT UP. WE WILL USE OUR NON-RHYTHMIC COUNT IN THE SAME MANNER AS A PITCHER IN BASEBALL USES PAUSES IN HIS DELIVERY TO KEEP THE RUNNER CLOSE TO FIRST BASE. THIS WILL HELP KEEP THE DEFENSIVE LINE OFF GUARD AND PREVENT THEM FROM TEEING OFF.
3. GET OFF ON THE COUNT.
4. WIDE RECEIVERS USE BALL KEY FOR TAKE OFF.





- TE - M - S/S - POS TESS
- OT - M - POS TAG - (TIGHT - POS YOU-ME)
- OG - M - POS GO - TAG (TIGHT - POS YOU-ME)
- C - M - POS GO - SCOOP
- OFG - M - POS SCOOP - GRACE
- OFT - M - POS TESS - GRACE
- Z - CB
- X - SIFT
- QB - FRONT OUT - FEED TO BC - SET UP AS PLAY PASS
- BC - LEAD STEP - ROLL TO OUTSIDE LEG OF OT - RUN TO DAYL
- RB - BLOCK BUC - ALERT BUC I - WILL - TIGHT BLOCK CB



## FORMATIONS: I-FAR-ST-SPLIT

GENERAL POINTS: SLOWER HITTING PLAY FROM I  
SUSTAIN - MAX SPLITSTIGHT  
END-Y

1. INSIDE # HIT AND WORK FEET AROUND MAINTAINING CONTACT.
2. TESS WHEN THE DE'S OR STUB'S ALIGNMENT PREVENT YOU FROM USING MAN - CUT OFF BLOCK O STUB
3. ALERT TO SIGHT ADJUST BRONCO FORCE - POSSIBLE TESS.
4. POSSIBLE DUMMY X CALL.

ON-SIDE  
TACKLE

1. VS ODD - ALERT PINCH - TAG IS PREFERRED.
2. BUTT MAN HEAD UP - MAINTAIN CONTACT - KNOCK HIM OFF LOS.
3. VS BUC I CHANGE - CHASE DE.
4. VS SINK LOOK - BLK END MAN LOS - WIDE DEFENDER WORK FOR INSIDE NUMBER HIT DRIVE HIM OUT - EXCEPT FROM TIGHT STAY M (POSS YOU-ME).
5. VS JUMP TO SINK STAY WITH MAN.

ON-SIDE  
GUARD

1. VS ODD - OPT - TAG IS PREFERRED.
2. VS SINK LOOK - WORK FOR HEAD UP POS ON MAN ON - STAY WITH MAN VS JUMP TO SINK - TIGHT POSS YOU-ME
3. EVEN - OUTSIDE # HIT - KNOCK HIM OFF LOS - SUSTAIN.
4. VS 43 - POSSIBLE GO WITH CENTER.

CENTER

1. VS ODD - ON-SIDE # HIT - SUSTAIN - STAY SQUARE - SCOOP PREFERRED.
2. VS EVEN - HEAD UP HIT ON MAC, CHASE A QUICK MAC..
3. VS RICK OR LIN POSS GO.

OFFSIDE  
GUARD

1. VS ODD - SCOOP PREFERRED - OPTION.
2. VS SINK LOOK - POS GRACE.
3. VS 43 - BLK INSIDE # - POS SCRAMBLE.

get govern  
ideaOFFSIDE  
TACKLE

1. INSIDE # HIT AND TURN HIM OR SCRAMBLE IF DE TIPS INSIDE CHARGE.
2. VS SINK LOOK - GRACE - OPT.
3. ALERT TO SIGHT ADJUST LATE BRONCO FORCE - TESS CALL.
4. MADE A DUMMY "X" CALL.

FLANKER

1. MAX SPLIT.

BACK-Z

2. DRIVE CB - WORK INSIDE OUT WHEN CB DELCARES.

SPLIT

1. NORMAL SPLIT.

END-X

2. DRIVE AT JILL - HEAD UP HIT - STAY UP & STAY SQUARE.
3. VS CLEO - BLOCK CB - INSIDE # HIT - STAY UP & STAY SQUARE.
4. VS B & R - SIFT.

QUARTER

1. FRONT OUT - GET HEAD ON TARGET - FEED BC DEEP.

BACK

2. SET UP AS PLAY PASS.

BALL

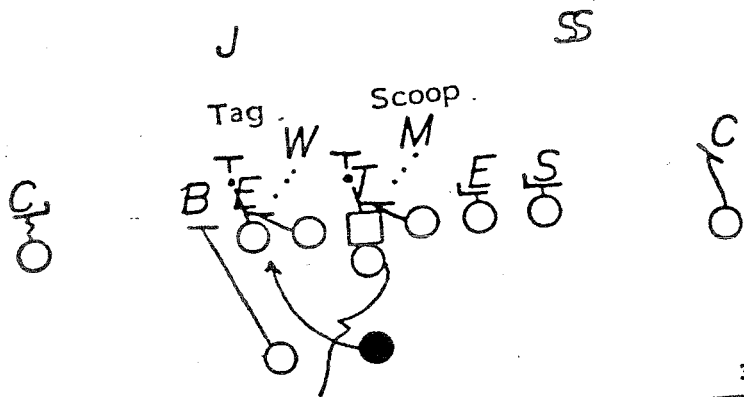
1. SHORT LEAD STEP & ROLL TO OUTSIDE LEG OF OT WITH PACE TO ALLOW HOLE TO DEVELOP.

2. TAKE IT TO THE BUC - TO SECURE FB'S BLOCK - RUN TO DAYLIGHT.

look at

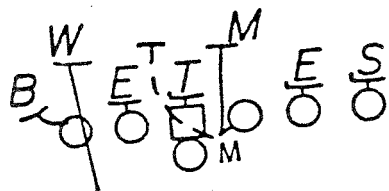
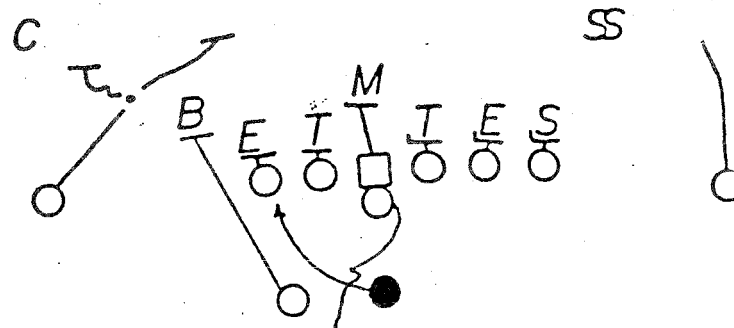
REMAIN  
BACK

1. LEAD FOR OUTSIDE LEG OF OT TO WIDEN THE HOLE.
2. ADJUST TO OT BLK.
3. LOCATE & BLOCK BUC - ALERT OX OR BUC I.
4. LEAD OUTSIDE OT TO BLK BUC IF AT ALL POSSIBLE.
5. VS SINK WK - BLK WILL.

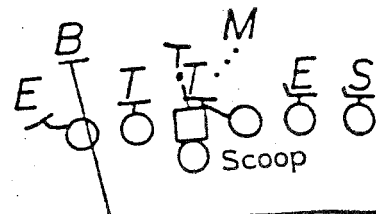


34

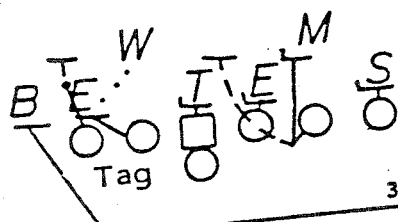
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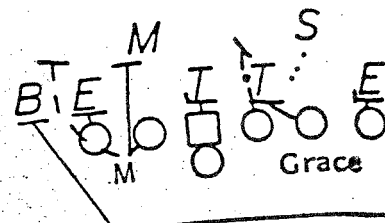
34 SINK WEAK



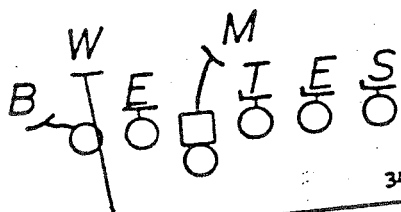
UNDER



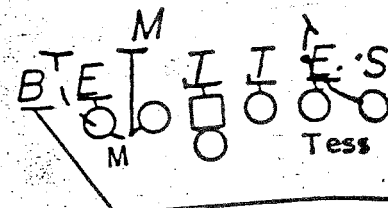
34 SINK STRONG



BROWN



34 EVEN STRONG

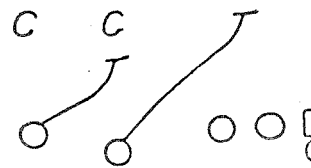
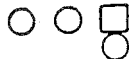


OVER

- TE - M - S/S - POSS TESS  
OT - M - POSS TAG - (DBL, TIGHT - POSS YOU-ME)  
OG - M - POSS GO TAG - (DBL, TIGHT - POSS YOU-ME)  
C - M - POSS GO - SCOOP  
OFG - M - POSS SCOOP GRACE  
OFT - M - POSS TESS - GRACE  
Z - CB  
X - SIFT  
QB - REVERSE OUT - FEED FB DEEP, SET UP AS PLAY PASS  
- SHORT LEAD CROSSOVER STEP ROLLING TO THE OUTSIDE LEG OF OT - RUN TO DATLI

# COACHING POINTS

FLAT.



GENERAL POINTS: MAX SPLITS

FORMATIONS: OPP - ACE - DBL - TITE

TIGHT  
END-Y

1. INSIDE # HIT AND WORK FEET AROUND MAINTAINING CONTACT.
2. TESS WHEN THE DE'S OR STUB'S ALIGNMENT PREVENT YOU FROM CUTOFF USING A STUB.
3. ALERT TO SIGHT ADJUST BRONCO FORCE - POSSIBLE TESS.
4. POSSIBLE DUMMY X CALL.

ON  
SIDE  
TACKLE

1. VS ODD - ALERT PINCH - TAG IS PREFERRED.
2. BUTT MAN HEAD UP - KNOCK HIM OFF LOS - MAINTAIN CONTACT.
3. VS BUC I CHANGE - CHASE DE.
4. VS SINK LOOK - BLK END MAN LOS - WIDE DEFENDER BLOCK WORK FOR INSIDE HIM OUT - EXCEPT FROM DOUBLE ACE OR TITE STAY M (POS YOU-ME).
5. VS JUMP TO SINK - STAY WITH MAN.

ON  
SIDE  
GUARD

1. VS ODD - OPT - TAG IS PREFERRED.
2. VS SINK LOOK - WORK FOR HEAD UP POS ON MAN ON - STAY WITH MAN VS JU DBL, ACE, OR TITE POSS YOU-ME.
3. EVEN - OUTSIDE # HIT - KNOCK HIM OFF LOS - SUSTAIN.
5. VS 43 - POS GO WITH CENTER.

CENTER

1. VS ODD - ONSIDE # HIT - SUSTAIN - STAY SQUARE - SCOOP PREFERRED.
2. VS EVEN - HEAD UP HIT ON MAC, CHASE A QUICK MAC.
3. VS RICK OR LIN POSS GO.

OFF  
SIDE  
GUARD

1. VS ODD - SCOOP PREFERRED - OPTION.
2. VS SINK LOOK - POS GRACE.
3. VS EVEN-BLK INSIDE # OR SCRAMBLE IF DT TIPS INSIDE CHARGE.

OFF  
SIDE  
TACKLE

1. INSIDE # HIT & TURN HIM OR SCRAMBLE IF DE TIPS INSIDE CHARGE.
2. VS SINK LOOK - POS GRACE - OPT.
3. ALERT TO SIGHT ADJUST LATE BRONCO FORCE - TESS CALL.
4. DUMMY "X" CALL.

FLANKER  
BACK-Z

1. MAX SPLIT.
2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARES.

SPLIT  
END-X

1. NORMAL SPLIT
2. DRIVE AT JILL - HEAD UP HIT - STAY UP & STAY SQUARE.
3. VS CLEO - BLOCK CB - INSIDE # HIT - STAY UP & STAY SQUARE.
4. VS B & R - SIFT.

QUARTER  
BACK

1. GET HEAD AROUND QUICKLY AND GET BALL DEEP TO BC.
2. GET DEPTH ON FIRST 2 STEPS.

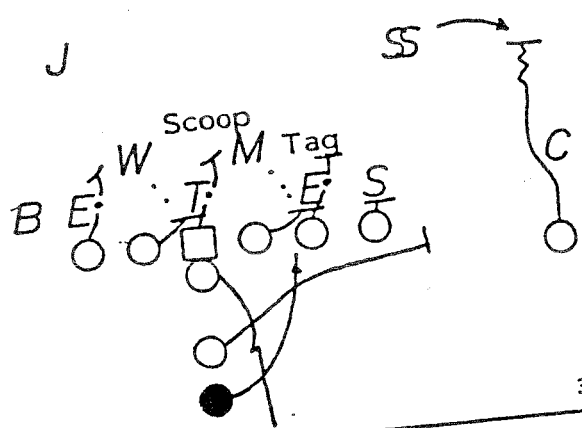
BALL  
CARRIER

1. SHORT LEAD, CROSSOVER STEP ROLLING TO THE OUTSIDE LEG OF OT -
2. KEY OT & HB'S BLOCK - BREAK TO DAYLIGHT.
3. TAKE IT TO THE BUC TO SECURE HB'S BLOCK - RUN TO DAYLIGHT.
4. INSIDE BREAK WILL BE ON 3RD OR 5TH STEP.

REMAIN  
BACK

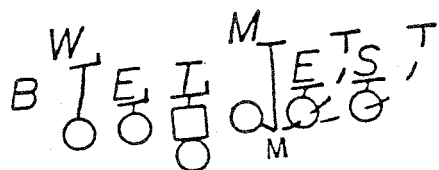
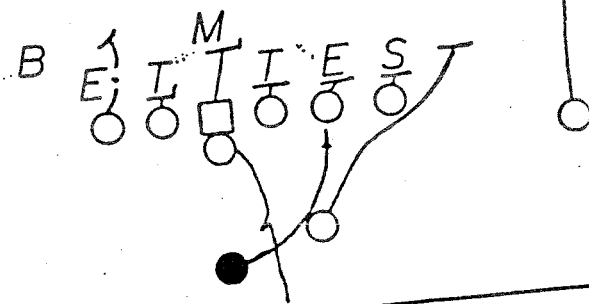
1. DRIVE FOR OUTSIDE LEG OF OT TO WIDEN THE HOLE.
2. ADJUST TO OT BLK.
3. LEAD OUTSIDE OF OT TO BLK BUCK IF AT ALL POSSIBLE.
4. LOCATE & BLK BUC - ALERT BUC I.

WK - BLK. WILL.



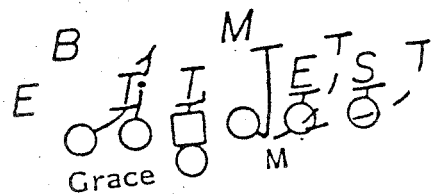
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43

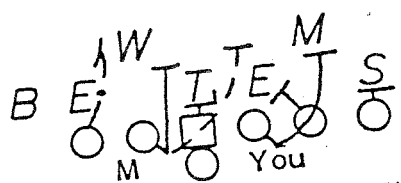


34 SINK WEAK

UNDER

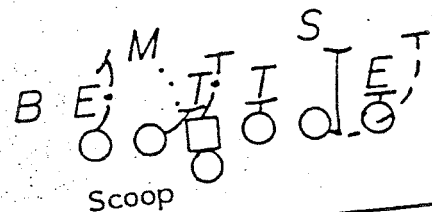


Grace

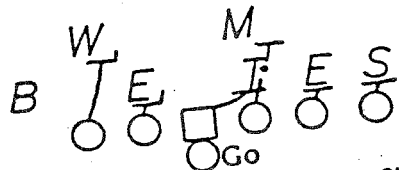


34 SINK STRONG

BROWN

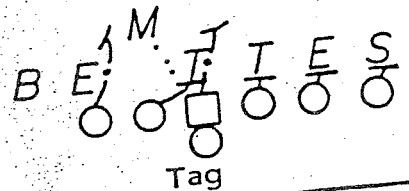


Scoop



34 EVEN STRONG

OVER



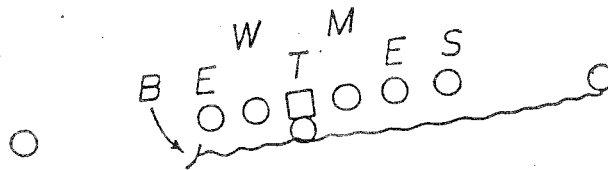
Tag

- TE - M
- OT - M - POSS TAG - YOU-ME - POWER
- OG - M - POSS - TAG - GO - YOU-ME - POWER
- C - M - POSS SCOOP - GO
- OFG - M - POSS SCOOP - GRACE
- OFT - WALL - M - POSS GRACE - TIGHT POSS TESS
- Z - DEEP 1/3 - 1/2
- X - CB
- QB - FRONT OUT - FEED BC DEEP - SET UP AS PLAY PASS
- BC - LEAD STEP - ROLL TO OUTSIDE LEG OF OT - RUN TO DAYLIGHT
- RR - BLOCK FORCE

# COACHING POINTS

PLAY: 25-44 STRONG

um TE motion



GENERAL POINTS: SLOW HITTING PLAY - SUSTAIN - MAX SPLITS

S: I - NEAR

1. HEAD UP HIT & STAY SQUARE WITH THE DEFENDER AND THE LOS.
2. DO NOT POSITION THE HOLE.
3. VS HARD BRONCO - DRIVE HIM OUT TO CREATE INSIDE RUNNING LANE.
4. POSSIBLE SLIP WITH TACKLE.
5. 25-44Y - ARC RELEASE TO BLOCK FORCE - VS BRONCO OR SAM OUT, BLK STUB.

1. VS ODD - ALERT PINCH - TAG IS GAME PLANNED.
2. BUTT MAN HEAD UP - MAINTAIN CONTACT - KNOCK HIM OFF LOS.
3. VS SINK LOOK - OPTION - POS YOU-ME - POS POWER.
4. POS SLIP WITH Y.

1. VS ODD - OPT - POS TAG.
2. VS SINK - WORK FOR HEAD UP POSITION ON MAN ON - STAY WITH MAN VS JUMP TO SINK - POS YOU-ME - POS POWER.
3. EVEN - OUTSIDE # HIT - KNOCK HIM OFF LOS - SUSTAIN.
4. VS 43 - POS GO WITH CENTER.

1. VS ODD - ONSIDE # HIT - SUSTAIN - STAY SQUARE - SCOOP PREFERRED.
2. VS EVEN - CHASE A QUICK MAC - POSSIBLE GO.
3. VS 43 - GO VS RIC OR LIN LOOK.

1. VS ODD - SCOOP PREFERRED - SLOW OPTION.
2. VS SINK LOOK - POS GRACE.
3. VS 43 - BLK INSIDE # - POS SCRAMBLE.

1. MAINTAIN WALL BLOCK PRINCIPLE - DRIVE THROUGH DE TO BUC - POS SCRAMBLE IF DE TIPS INSIDE CHARGE.
2. VS UNDER OR SINK - POS GRACE - OPT.
3. POSS TESS TIGHT FORMATION.

1. MAX SPLIT.
2. DRIVE CB - INSIDE # HIT - STAY UP & STAY SQUARE.
3. VS CLEO - AVOID CB & BLOCK SS - STAY UP & STAY SQUARE.

1. MAX SPLIT.
2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARES.

1. FRONT OUT - GET HEAD ON TARGET - FEED BC DEEP.
2. SET UP AS PLAY PASS.

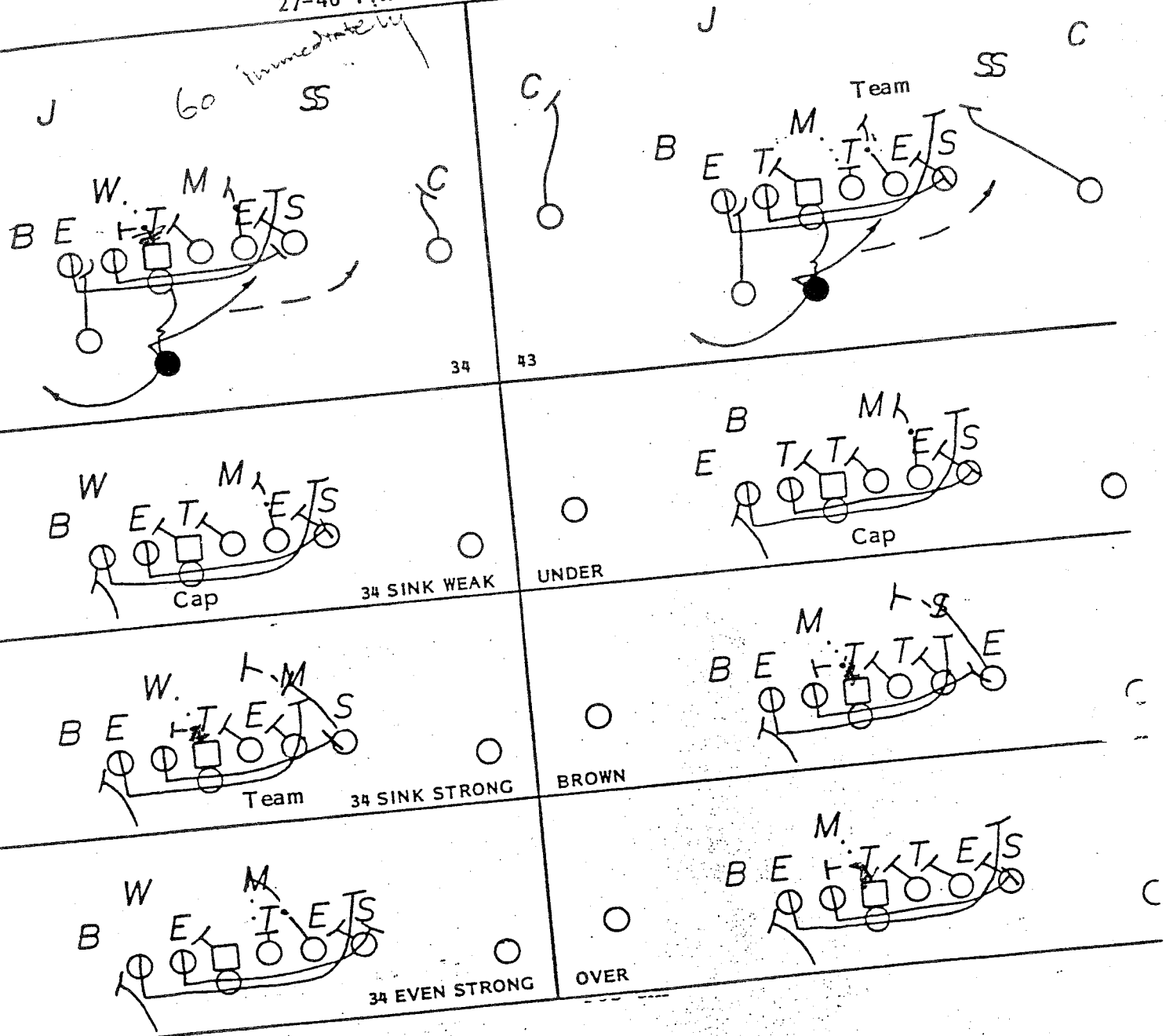
1. SHORT LEAD STEP & ROLL TO OUTSIDE LEG OF OT WITH PACE TO ALLOW HOLE TO DEVELOP.
2. KEY OT & FB'S BLOCK.

3. BREAK TO DAYLIGHT.

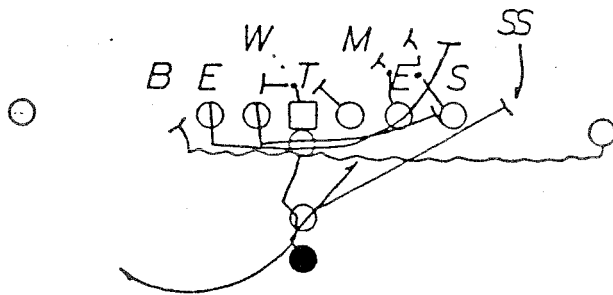
1. DRIVE FOR OUTSIDE LEG OF TE TO WIDEN THE HOLE.
2. KEY Y'S BLOCK.
3. LOCATE & BLOCK FORCE - ALERT BRONCO BLOCK S/S.
4. Y PRINCIPLE - BLOCK STUB VS SKY OR CLEO - BLOCK S/S VS BRONCO.
5. VS SAM OUT BLOCK STUB

\* If you don't understand, ask a question

# 27-46 TRAP (36-37 TRAP)



- OT - SQUEEZE - TEAM - POSS GAP
- OG - CAP - TEAM
- C - BACK
- OFG - PULL - TRAP END MAN LOS - POSS LEAD
- OFT - PULL - LEAD INSIDE GD BLK - BLK FIRST DEFENDER INSIDE OUT
- Z - SIFT
- X - CB
- QB - FRONT OUT - FEED BC - ROLL AS HAWK PASS
- BC - 27-46T - STEP (POSS TIMER) ACCEPT BALL - READ PULLING G'S BLK - RUN TO DAYLIGHT/  
36-37T - COUNTER STEP - READ PULLING G'S BLK - RUN TO DAYLIGHT
- RB - DRIVE OFF TAIL OF PULLING TACKLE - CUT OFF BLK DE

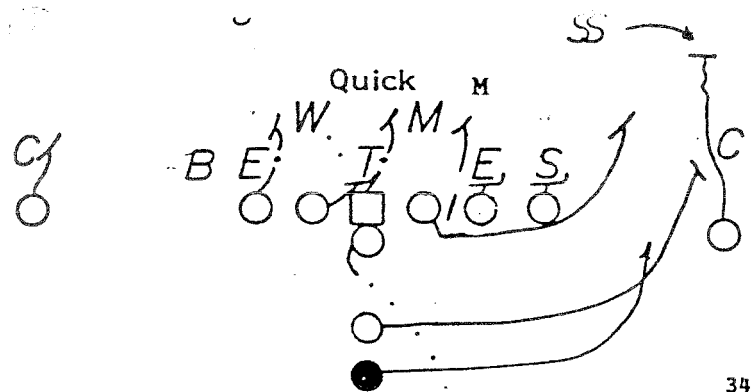


FORMATIONS: 27-46 TP - OPP-I-FAR  
37-36 TP - ACE-DBL-EAST-OPP

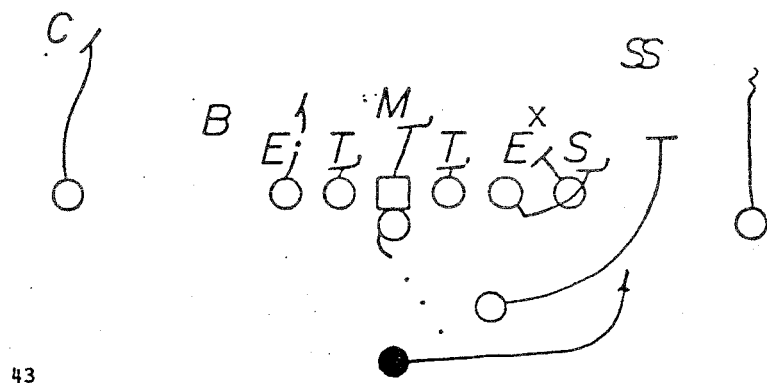
# GENERAL POINTS:

	1. TIGHTEN SPLIT.
TIGHT	2. VS 34 - BLK DOWN - VS PINCH CLIMB BLK FIRST BACKER-POS GAP CALL.
END-Y	3. VS SINK LOOK - INSIDE.
	4. ALERT TEAM CALL - SINGLE BLOCK DE
	1. TIGHTEN SPLITS
ONside	2. VS ODD - BLK THROUGH INSIDE # - ALERT MAC RUN THROUGH, NEVER CHASE MAC -
TACKLE	BLOCK WILL.
	3. VS EVEN - TEAM - ALERT GAP.
	1. TIGHTEN SPLITS.
ONside	2. VS ODD - BLK NOSE - NOSE GONE CLIMB 1ST LB - ALERT CAP CALL.
GUARD	3. VS EVEN - TEAM WITH TACKLE.
	1. VS DOUBLE BUBBLE - BLK THROUGH OFFSIDE # - BLOCK BACK TO D.E.
CENTER	2. VS SINK WK - ALERT CAP - BLOCK BACK
	3. VS EVEN - BLK BACK.
OFFSIDE	1. LATERAL PULL - TRAP END MAN LOS - POSS LEAD.
GUARD	
OFFSIDE	1. LATERAL PULL - LEAD THROUGH HOLE - BLK MDM INSIDE OUT.
TACKLE	2. NEVER ALLOW ANY DEFENDER TO CROSS YOUR FACE.
	1. NORMAL SPLIT.
FLANKER	2. DRIVE AT SAM - HEAD UP HIT - STAY UP & STAY SQUARE.
BACK-Z	3. VS CLEO - BLOCK CB - INSIDE # HIT - STAY UP & STAY SQUARE.
	4. VS B & R - SIFT.
SPLIT	1. MAX SPLIT.
END-X	2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARES.
QUARTER	1. FAKE 34/35- LOCATE TARGET - MESH ON HAND OFF TO BC - FAKE HAWK BACK PASS ACTION.
BACK	2. 27/46 T - FAKE 44/25W - HAND BACK TO B.C. FAKE HAWK PASS ACTION.
	1. 26-47 TRAP - TIMER STEP - LEAD CROSSOVER - INSIDE COURSE INTO HOLE WITH
BALL	SHOULDERS PARALLEL TO LOS - ALERT BOUNCE VS LOG.
CARRIER	2. 37-36 TRAP - COUNTER STEP - CROSSOVER - INSIDE COURSE INTO HOLE WITH
	SHOULDERS PARALLEL TO LOS - .
REMAIN	1. DRIVE OFF TAIL OF PULLING TACKLE - CUT OFF BLK DE - ALERT PINCH - POS CLIP.
BACK	2. DBL OR ON LINE POSITION - SPRINT CUT OFF.

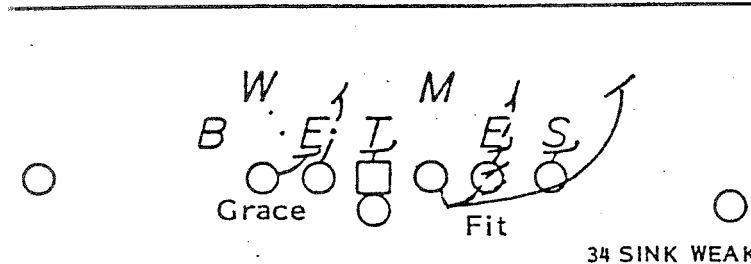




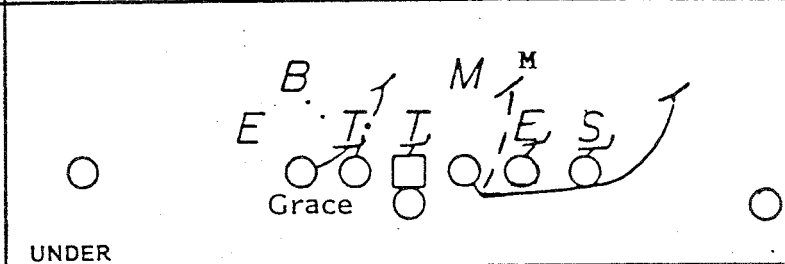
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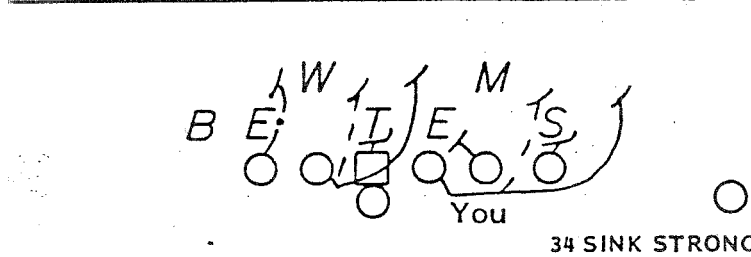
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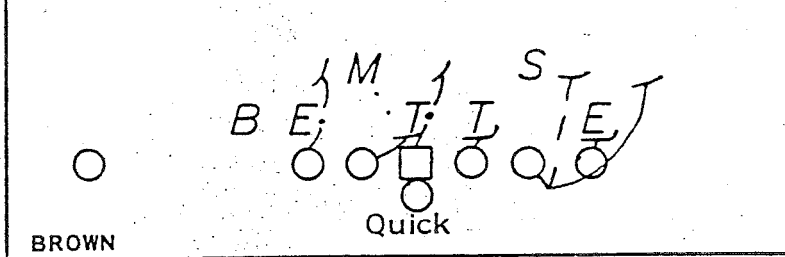
34 SINK WEAK



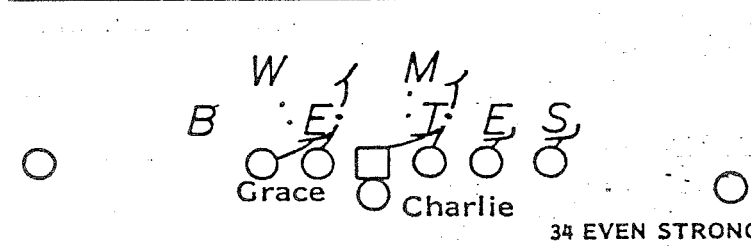
UNDER



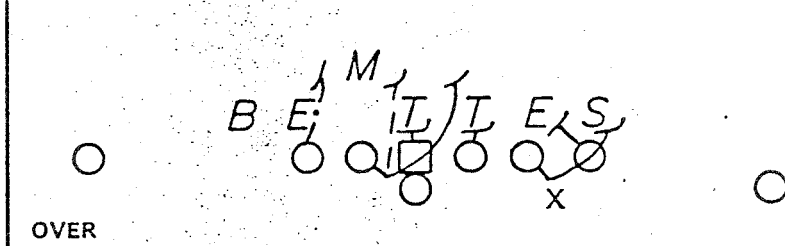
34 SINK STRONG



BROWN



34 EVEN STRONG



OVER

- TE - M - POS X
- OT - M- POS FIT - YOU-ME - X
- OG - M - POS FIT - YOU-ME - CHARLIE - CUT
- C - M - POS QUICK - CHARLIE - CUT
- OFG - M - POS GRACE - QUICK
- OFT - WALL - M - POS GRACE
- Z - DEEP 1/3 - 1/2
- CB

*opposite  
48 M  
play is  
a little  
slower*

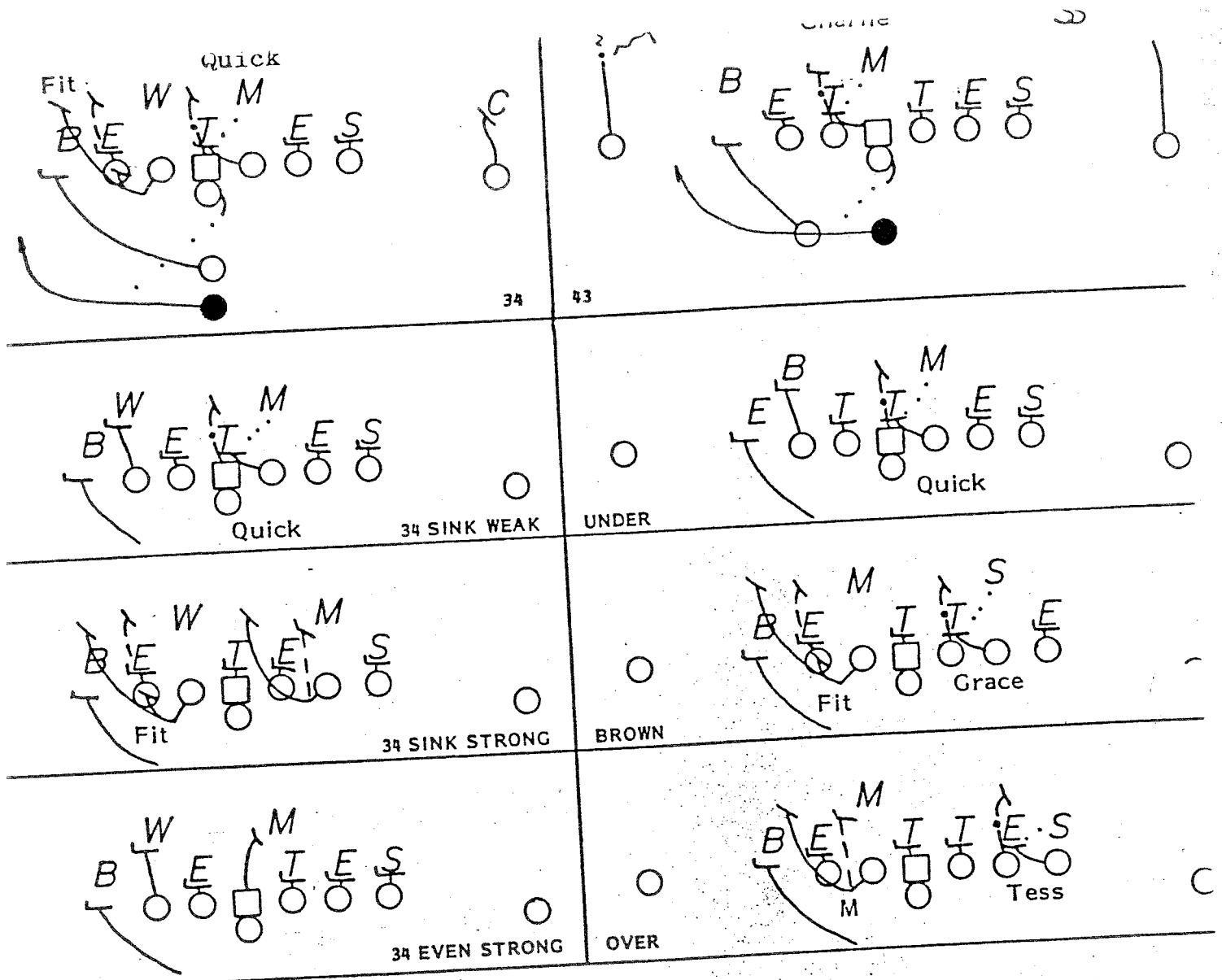
have man by myself

I have man by  
myself  
M is the key

GENERAL POINTS: M IS BASE

ACTIONS: I-OPP-SPLIT-NEAR

1. FIRE INTO OUTSIDE SHOULDER # & HOOK HIM.
  2. ALERT X VS WIDE DE - HOP - POP TECH.
  3. VS HARD BRONCO - HOOK IF POSSIBLE - IF YOU CAN'T, DRIVE HIM OUT TO CREATE INSIDE RUNNING LANE.
  4. VS SAM OUT - BUTT SAM HEAD UP AND DRIVE HIM.
1. VS ODD - M IS PREFERRED - OUTSIDE # HIT & HOOK - ALERT PINCH.
  2. FIRE INTO OUTSIDE # & TURN HIM - IF HE WIDENS - REACH & STICK.
  3. VS SINK LOOK - OPTION - POS YOU-ME.
  4. "X CALL" DEPENDS ON: (A) WIDE OF DE; (B) WIDTH OF STUB
  5. "X CALL" - PIVOT WITH DEPTH - GET EYES AROUND - FIRE FOR OUTSIDE # - DO NOT CUT EXCEPT VS DOG
1. VS ODD - M IS PREFERRED - QUICK OPTION PULL - GOOD SIGHT ADJUST - SEE LBER FEEL EN
  2. POSS YOU-ME VS SINK LOOK.
  3. EVEN - OUTSIDE # HIT AND SUSTAIN - ALERT CUT - CHARLIE.
1. VS NOSE - OUTSIDE # HIT - SUSTAIN - DON'T OVER POSITION - POS QUICK.
  2. VS OVERSHIFT - ALERT QUICK.
  3. VS 43 - SPRINT TO KEEP MAC FROM GETTING FLAT DOWN LINE - DON'T LOSE HIM TO YOUR BACKSIDE - POS CHARLIE - WHEN DT TIPS RIC OR LIN - OR WHEN ALIGNMENT PREVENT YOU FROM BLOCKING MAC - POS CUT OR OPTION.
1. VS BUBBLE - M - POS QUICK.
  2. M - QUICK OPTION - TURN UP AT 1ST DAYLIGHT.
  3. VS SINK LOOK - POS GRACE.
  4. VS EVEN - CUT OFF DT - INSIDE # HIT - GO FOR POSITION OR INSIDE KNEE CAP.
1. MAINTAIN WALL BLK PRINCIPLE - DRIVE THROUGH DE TO BUC.
  2. VS SINK LOOK- POS GRACE - DON'T ALLOW DT TO PURSUE PLAY - CUT OR SPRINT CUT OFF TE
  3. POSS TESS ON TIGHT.
1. MAX SPLIT.
  2. DRIVE CB - OUTSIDE # HIT - STAY UP & STAY SQUARE.
  3. VS CLEO - AVOID CB & BLOCK SS - HEAD UP HIT STAY SQUARE.
1. MAX SPLIT.
  2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARE.
1. GET HEAD AROUND ON PITCH.
  2. PICK OUT SPOT IN FRONT OF BC.
  3. EXTEND ARMS & FINGERS TO THE TARGET.
1. TIMER STEP - QUICK JAB.
  2. MAKE SURE YOUR BODY IS OPEN TO ACCEPT THE PITCH.
  3. LOOK BALL INTO YOUR HANDS.
  4. ARC COURSE.
1. ARC BLOCK FORCE.
  2. FLAT COURSE TO GET AN ARC.
  3. USE A RUNNING BLK THRU THE NUMBERS



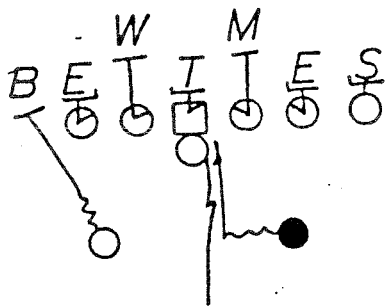
- M - S/S POSS TESS
- BLOCK #2 (COUNTING OUTSIDE IN) - POSS FIT - YOU-ME
- M - FIT - (YOU-ME) - CHARLIE
- M - POSS QUICK - CHARLIE
- M - POSS QUICK - GRACE
- M - S/S POSS TESS - GRACE
- CB
- SIFT
- REVERSE OUT - TOSS BALL - FOLLOW DITCH

side  
M is to strong  
side

GENERAL POINTS:

INFORMATION: 1 - FAR

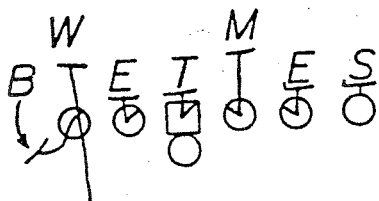
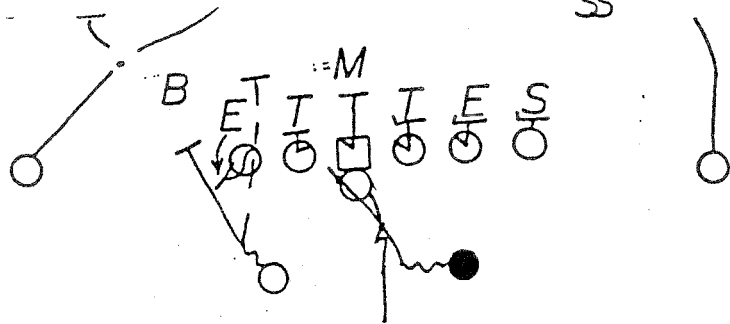
- 1. INSIDE # HIT AND WORK FEET AROUND MAINTAINING CONTACT.
  - 2. TESS WHEN ALIGNMENT PREVENTS YOU FROM BLOCKING STUB.
  - 3. ALERT TO SIGHT ADJUST BRONCO FORCE - POSSIBLE TESS.
  - 4. POSSIBLE DUMMY X CALL.
- 
- 1. VS ODD - FIT IS PREFERRED - OUTSIDE HIT & HOOK - BLOCK LBER ON PINCH.
  - 2. VS SINK LOOK - POS YOU-ME.
  - 3. EVEN - OUTSIDE # HIT & HOOK #2 MAN - DON'T OVER POSITION TIGHT DE.
  - 4. BLK END MAN LOS WHEN ALIGNMENT PREVENTS YOU FROM BLOCKING #2.
- 
- 1. VS ODD - FIT IS PREFERRED - QUICK OPTION - GOOD SIGHT ADJUST - SEE LBER - FEEL END
  - 2. ON OPTION PULL IF BUC I CROSSES YOUR FACE TAKE HIM OVER.
  - 3. POS YOU-ME VS SINK.
  - 4. VS EVEN OUTSIDE # HIT & SUSTAIN #3 MAN - ALERT CHARLIE.
- 
- 1. VS ODD - OUTSIDE # HIT, MAINTAIN CONTACT - POS QUICK.
  - 2. VS EVEN - STICK & STAY - POS CHARLIE WHEN DT TIPS RIC OR LIN OR WHEN ALIGNMENT PREVENTS YOU FROM BLOCKING MAC.
- 
- 1. VS ODD - SPEED OPTION - GOOD SIGHT ADJUST - POSS QUICK.
  - 2. VS SINK LOOK - POS GRACE.
  - 3. VS SINK LOOK ONSIDE - ALERT TO OPTION ONE HOLE WIDER.
- 
- 1. INSIDE # HIT AND TURN HIM OR SCRAMBLE IF DE TIPS INSIDE CHARGE.
  - 2. VS SINK LOOK - POS GRACE - OPT.
  - 3. DUMMY "X" CALL.
  - 4. ALERT TO SIGHT ADJUST LATE BRONCO FORCE - TESS CALL.
- 
- 1. MAX SPLIT.
  - 2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARES.
- 
- 1. NORMAL SPLIT.
  - 2. DRIVE AT CB - OUTSIDE # HIT - STAY UP & STAY SQUARE.
  - 3. VS SKY - CRACK JILL.
- 
- 1. GET HEAD AROUND ON PITCH.
  - 2. PICK OUT SPOT IN FRONT OF BC.
  - 3. EXTEND ARMS & FINGERS TO THE TARGET.
- 
- 1. TIMER STEP - QUICK JAB.
  - 2. MAKE SURE YOUR BODY IS OPEN TO ACCEPT THE PITCH.
  - 3. LOOK BALL INTO HANDS.
  - 4. ARC COURSE.
- 
- 1. ARC BLOCK #1 COUNTING OUTSIDE IN.
  - 2. ARC COURSE.
  - 3. USE A RUNNING BLK THRU THE OUTSIDE NUMBERS.
  - 4. GAME PLAN MAY DICTATE CUT BLK.



34

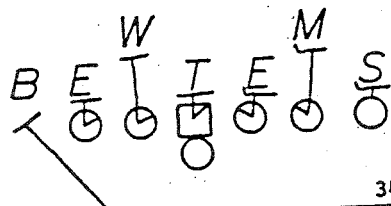
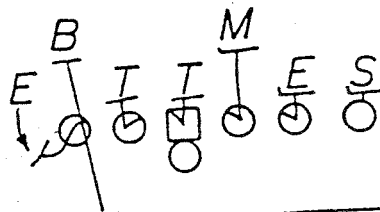
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SS



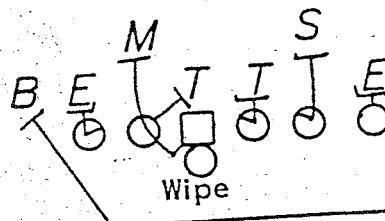
34 SINK WEAK

UNDER

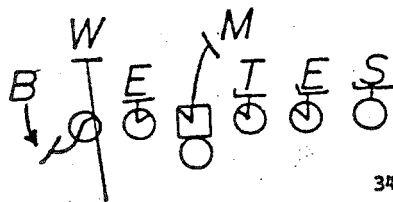


34 SINK STRONG

BROWN

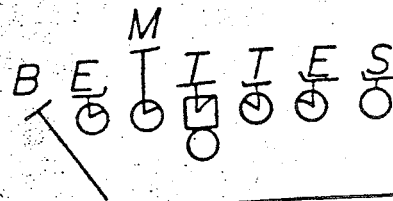


Wipe



34 EVEN STRONG

OVER



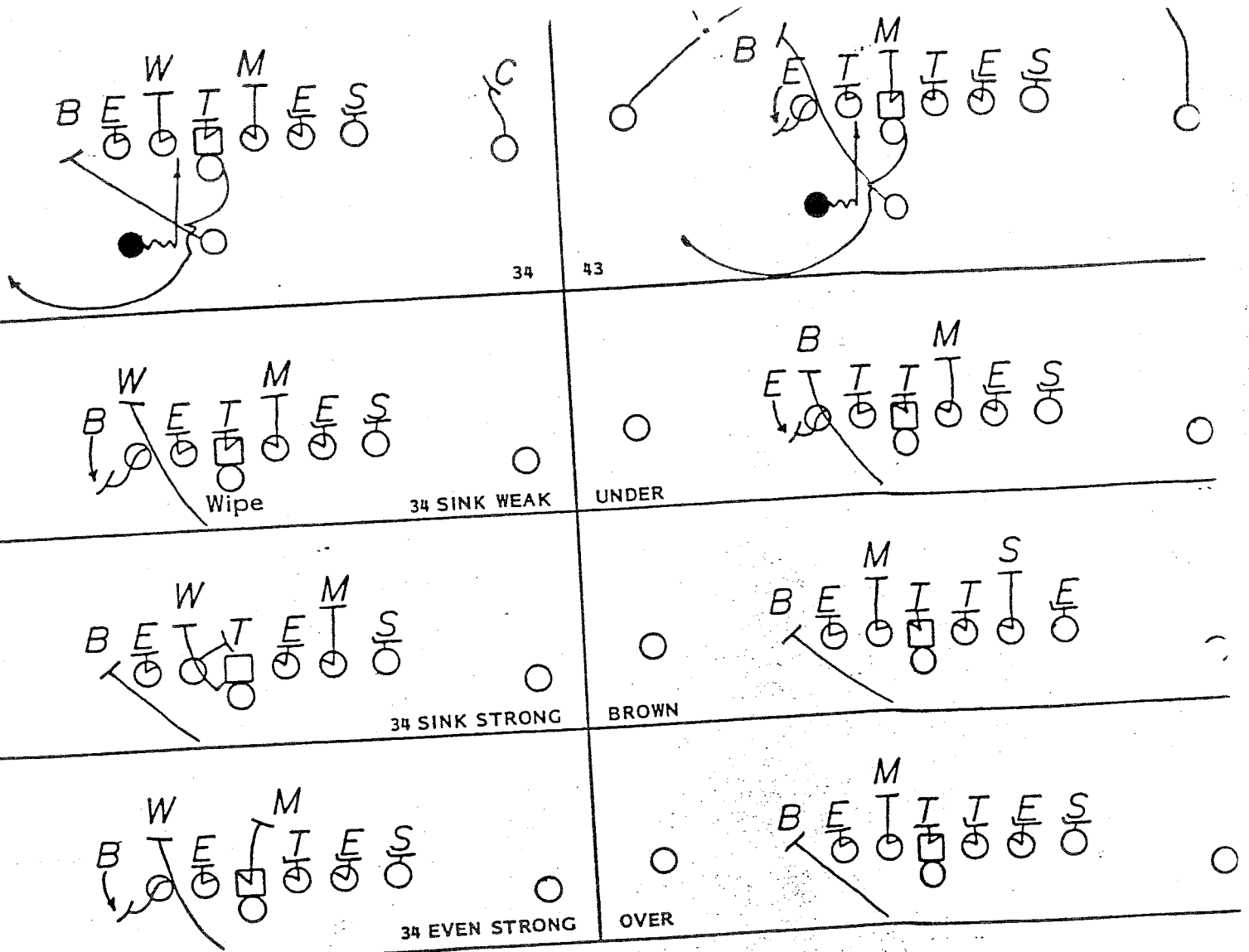
- TE - M, S/S (POSS TESS)
- OT - M
- OG - M, OPT, WIPE, R-L
- C - M, WIPE, FOLD, L-R
- OFG - M, OPT, FOLD, R-L, INDY
- OFT - M, TESS, INDY
- Z - CB
- X - SIFT

AREA BLOCK ALL STUNTS

# GENERAL POINTS:

INFORMATION: SPLIT - OPP

- |                   |                                                                                                                                                                                                                                                                                                                                       |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| RIGHT<br>SIDE-Y   | <ol style="list-style-type: none"> <li>1. TESS WHEN ALIGNMENT PREVENTS YOU FROM BLOCKING STUB</li> <li>2. ALERT TO SIGHT ADJUST BRONCO FORCE - POSSIBLE TESS</li> <li>3. DON'T LOSE DEFENSIVE MAN TO YOUR INSIDE - INSIDE # HIT &amp; MAINTAIN CONTACT</li> <li>4. VS KC - BUTT &amp; STICK</li> </ol>                                |
| INSIDE<br>TACKLE  | <ol style="list-style-type: none"> <li>1. SEMI SHORT SET TO INVITE DEFENSIVE MAN TO OUTSIDE</li> <li>2. IF DEFENSIVE MAN CROSSES YOUR FACE, DRIVE HIM DOWN LOS, ALLOW NO PENETRATION</li> <li>3. IF DEFENSIVE MAN SETS ON LOS, FORCE THE HOLE</li> </ol>                                                                              |
| INSIDE<br>GUARD   | <ol style="list-style-type: none"> <li>1. VS BUBBLE - COME OFF SLIGHTLY, ALERT FOR SLANTS, BLOCK LB DOWN THE MIDDLE</li> <li>2. ON WIPE - CUT SPLIT, BLOCK DOWN HARD, NO PASS SET</li> <li>3. ALERT PINCH LOOK, NO WIPE</li> <li>4. COVERED - SET SHORT, NO INSIDE PENETRATION, BLK HOLE AGGRESSIVELY</li> <li>5. POSS R-L</li> </ol> |
| CENTER            | <ol style="list-style-type: none"> <li>1. VS NOSE - HEAD UP HIT, NO POSITION BLOCK</li> <li>2. ON WIPE - DON'T CUT LB</li> <li>3. NEVER GET CAUGHT ON A LINE STUNT</li> <li>4. BUTT &amp; CUT MAC</li> <li>5. POSSIBLE FOLD</li> <li>6. ALERT LUCKY-RINGO, POSS R-L</li> </ol>                                                        |
| OFFSIDE<br>GUARD  | <ol style="list-style-type: none"> <li>1. VS BUBBLE - COME OFF SLIGHTLY, ALERT FOR SLANTS - BLOCK LBER DOWN THE MIDDLE, POSS GUT</li> <li>2. COVERED - SET SHORT, DON'T ALLOW QUICK RUN AROUND, CUT OFF INSIDE MOVE</li> <li>3. ALERT INDY VS SINK LOOK</li> <li>4. POSS R-L</li> </ol>                                               |
| OFFSIDE<br>TACKLE | <ol style="list-style-type: none"> <li>1. VS 34 - TAKE INSIDE AWAY, ALERT PINCH, POSS GUT</li> <li>2. DON'T ALLOW DEFENDER TO CROSS YOUR FACE</li> <li>3. SET TO INVITE DEFENSIVE MAN OUTSIDE, WALL HIM OUT</li> <li>4. VS BRONCO, POSSIBLE TESS</li> <li>5. ALERT INDY VS SINK LOOK</li> </ol>                                       |
| FLANKER<br>BACK-Z | <ol style="list-style-type: none"> <li>1. MAX SPLIT</li> <li>2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARES</li> </ol>                                                                                                                                                                                                                |
| SPLIT<br>END-X    | <ol style="list-style-type: none"> <li>1. NORMAL SPLIT</li> <li>2. DRIVE AT JILL - HEAD UP HIT - STAY UP &amp; STAY SQUARE.</li> <li>3. VS CLEO - BLOCK CB - INSIDE NUMBER HIT - STAY UP &amp; STAY SQUARE.</li> </ol>                                                                                                                |
| QUARTER<br>BACK   | <ol style="list-style-type: none"> <li>1. TAKE NORMAL DROP</li> <li>2. LOOK AT TARGET - ALERT WHEN BACK IS IN A 2 POSITION</li> </ol>                                                                                                                                                                                                 |
| BALL<br>CARRIER   | <ol style="list-style-type: none"> <li>1. SLIDE Laterally &amp; STOP</li> <li>2. QUICK START WHEN BALL IN POCKET</li> <li>3. OG COVERED - KEY DEFENDERS MOVE - IF STALEMATE ON OG, YOU MAKE SLIGHT INSIDE MOVE<br/>HELP SET UP OG BLOCK</li> <li>4. VS 34 - KEY NOSE</li> </ol>                                                       |



TE - M, S/S (POSS TESS)

OT - M, X

OG - M, OPT, WIPE, X

C - M, WIPE, FOLD

OFG - M, OPT, FOLD, INDY

OFT - M, TESS, INDY

Z - CB

X - SIFT

QB - FRONT OUT - FEED TO A BEHIND B - CONTINUE TO ROLL WEAK

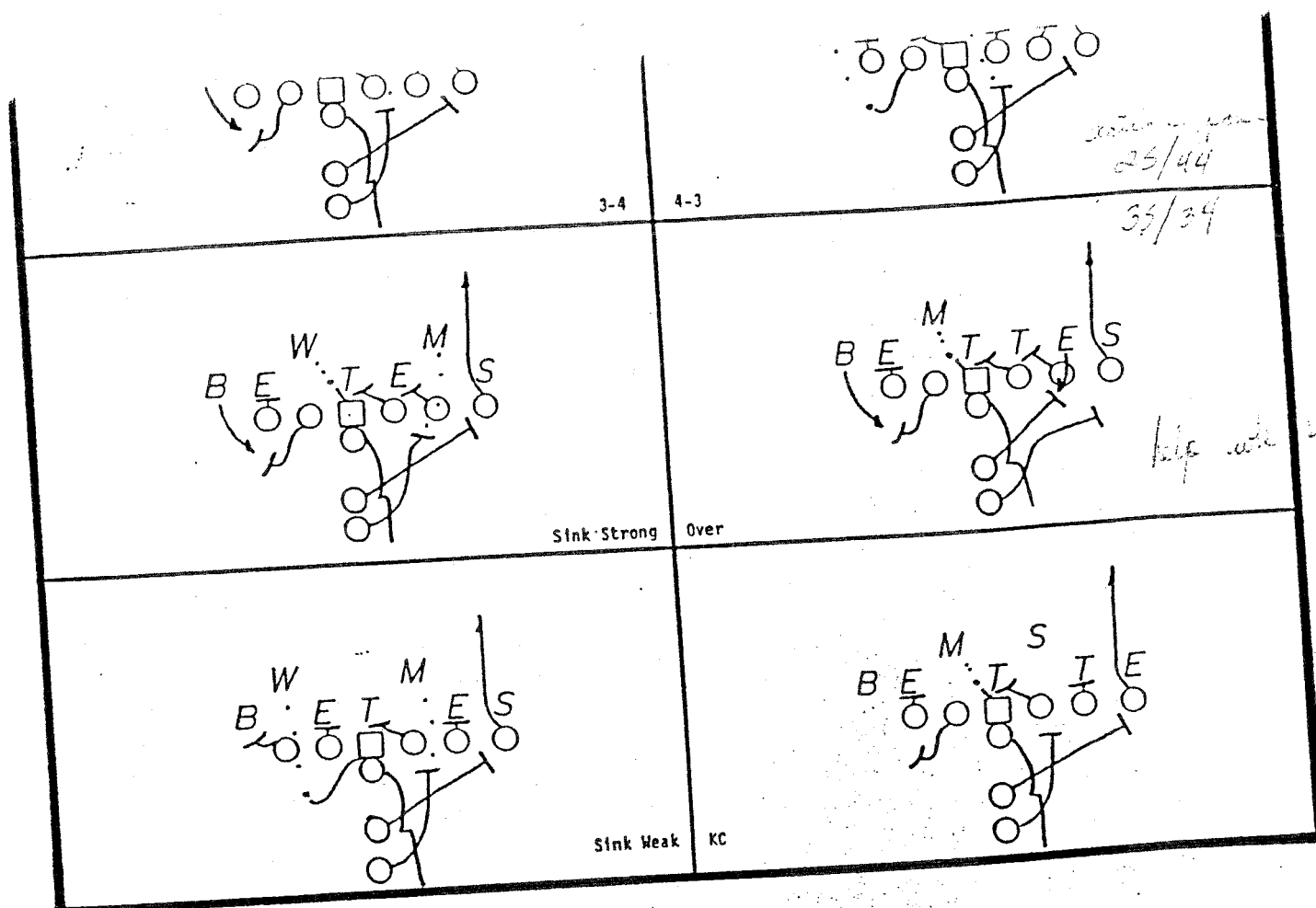
)  
)  
) AREA BLOCK ALL STUNTS  
)  
)  
)

CTIONS: OPP

GENERAL POINTS: IF TACKLES SLANT WEAK -  
USE FOLD AND RUN OFF OG

- 
1. INSIDE # HIT - KEEP YOUR MAN OUT OF PURSUIT
2. TESS WHEN ALIGNMENT PREVENTS YOU FROM BLOCKING STUB
3. ALERT BRONCO, BLK SS, POSS TESS
- 
1. SHORT SET, INVITE HIM IN OR OUT
2. IF DEFENSIVE MAN CROSSES YOUR FACE DRIVE HIM DOWN THE LOS
3. IF DEFENSIVE MAN SETS ON LOS, FORCE THE HOLE
4. VS SINK LOOK, POSS X
- 
1. VS BUBBLE - COME OFF SLIGHTLY, ALERT FOR SLANT, BLOCK LB DOWN THE MIDDLE, ALERT  
BACKS COURSE TO BLOCK BUC
2. VS BROWN OR KC - POSS WIPE, CUT SPLIT, BLOCK DOWN HARD, ALERT BUBBLE PINCH, NO  
WIPE, OPT
3. COVERED - SET SHORT, INVITE INSIDE, NO PENETRATION, BLK HOLE TUFF
4. ALERT X VS SINK LOOK
- 
1. VS ODD - BLOCK HOLE TUFF, NO POSITION BLOCK, ALERT WIPE ON OVER,  
DON'T CUT LB
2. VS 43 - YOU MUST OCCUPY MAC, STAY SQUARE
3. VS 44 - POSSIBLE FOLD
- 
1. VS BUBBLE - COME OFF SLIGHTLY, ALERT FOR SLANTS, BLOCK LBER DOWN THE MIDDLE
2. COVERED - TAKE AWAY INSIDE MOVES
3. ALERT FOLD VS 44
4. POSS INDY SINK LOOK
- 
1. SET TO INVITE DEFENSIVE MAN TO OUTSIDE
2. DON'T LET DEFENDER CROSS YOUR FACE
3. ALERT BRONCO, POSS TESS
4. ALERT POSS INDY SINK LOOK
- 
1. MAX SPLIT
2. DRIVE CB - WORK INSIDE OUT WHEN CB DECLARES
- 
1. NORMAL SPLIT
2. DRIVE AT JILL - HEAD UP HIT - STAY UP & STAY SQUARE
3. VS CLEO - BLOCK CB - INSIDE # HIT - STAY & STAY SQUARE
- 
1. FRONT OUT & LCOATE THE A
2. LET B CLEAR & FRONT HANDOFF TO A
3. CONTINUE TO ROLL TO THE OUTSIDE
- 
1. SLIDE Laterally & STOP - DON'T LOSE GROUND
2. GO AS SOON AS FB CROSSES YOUR FACE
3. KEY OT'S BLOCK
4. THINK OUTSIDE BUT RUN TO DAYLIGHT
5. VS 43 WITH FOLD OR UNDER - KEY OG
- 
1. DRIVE FOR TAIL OF OT TO KEEP HIM OFF

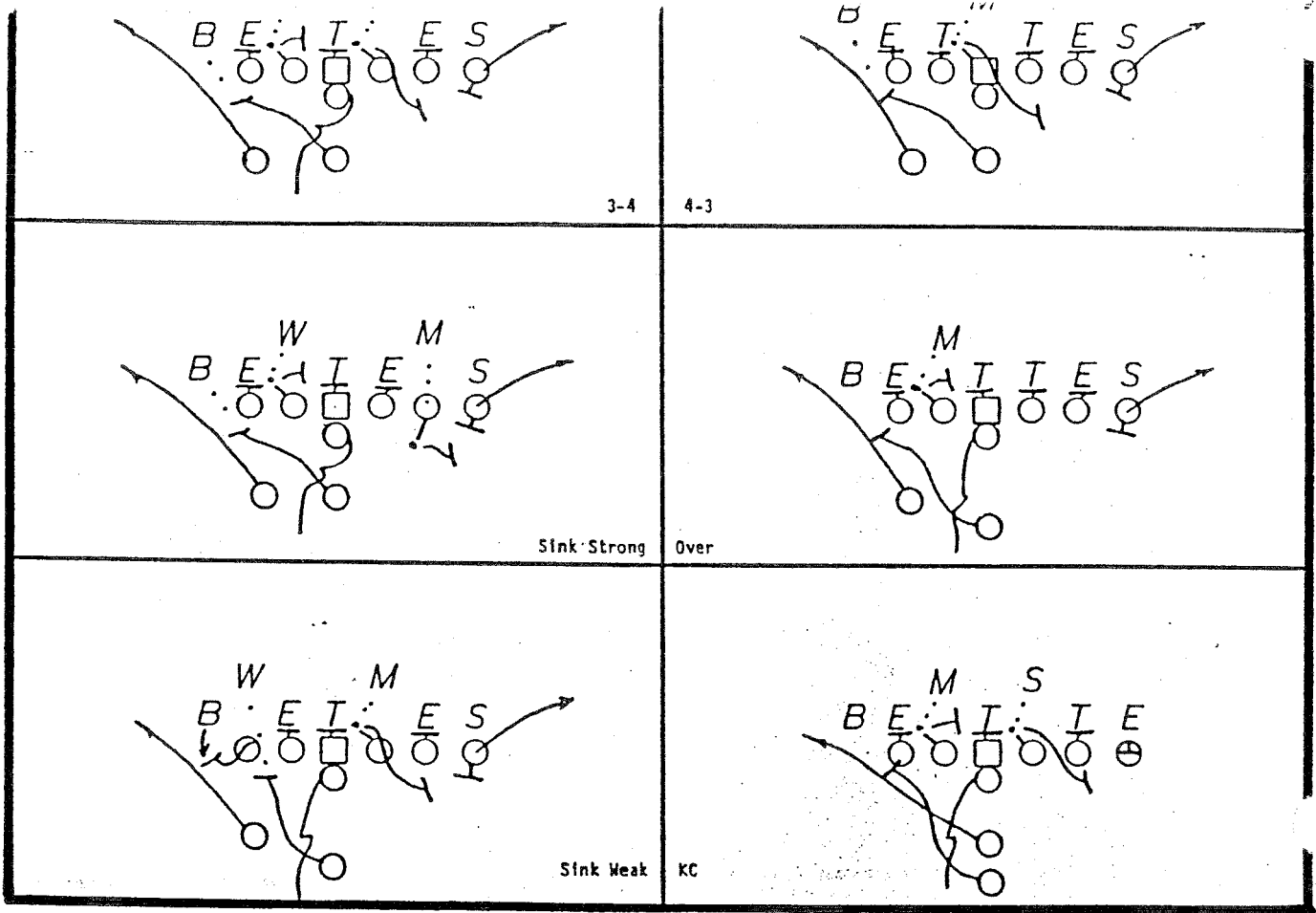




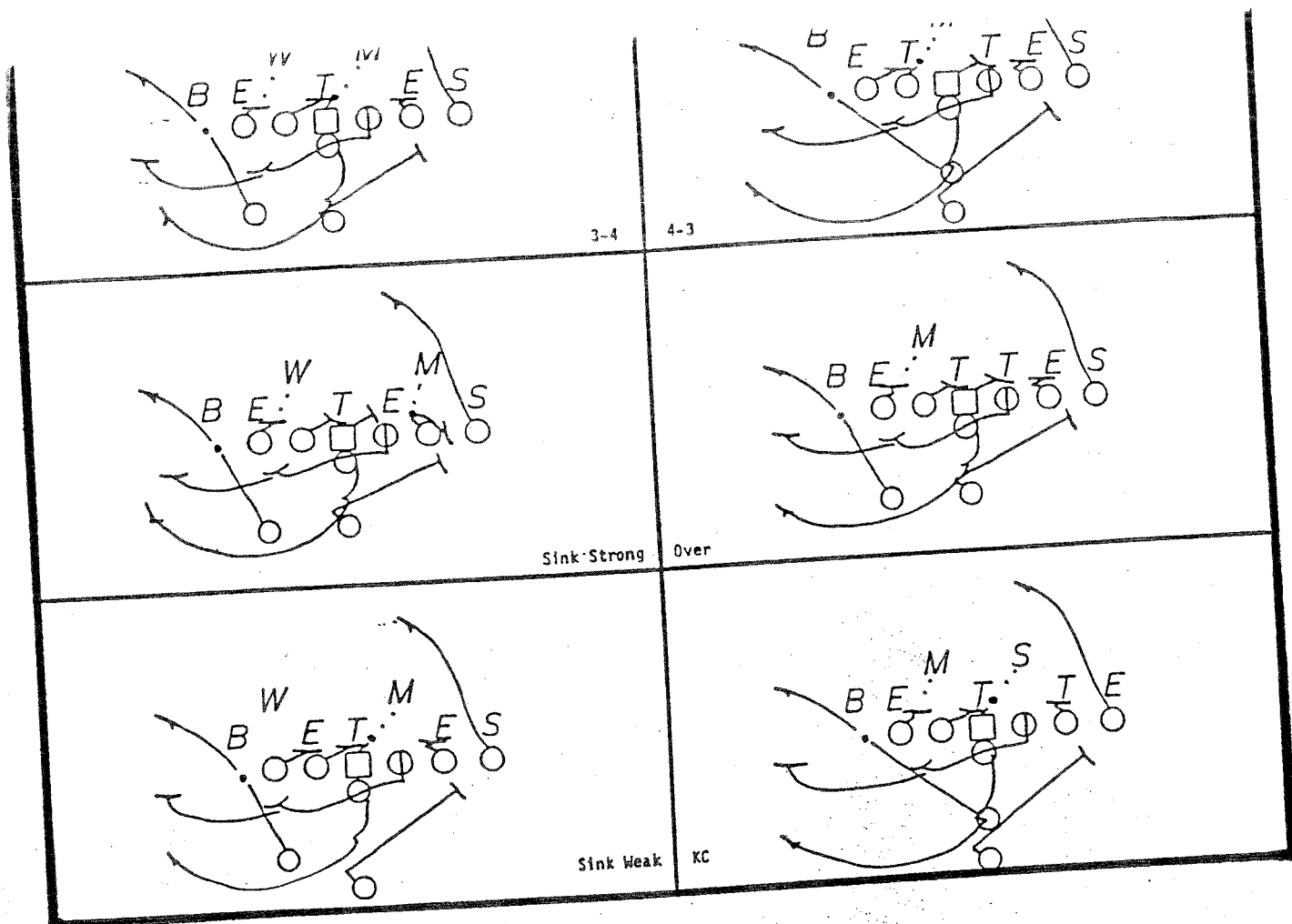
- TE - RUN ROUTE
- OT - COVERED - M, HEAD UP HIT & FORCE OUTSIDE RUSH - UNCOVERED OR OVERSHIFT YOUR SIDE BLK INSIDE.
- OG - COVERED - M, HEAD UP HIT - UNCOVERED, BLK NOSE, ALERT SCRAPE - OT UNCOVERED OR OVERSHIFT YOUR SIDE, BLK NOSE, ALERT SINK AWAY.
- C - BACKSIDE - OFG COVERED, DROP FOR OUTSIDE LBER POS R-L WITH OFG, - OFG UNCOVERED INSIDE BACKER.
- OFG - COVERED - M, POS R-L WITH CTR - UNCOVERED, DROP FOR OUTSIDE BACKER, (POS SLIDE)
- OFT - COVERED - M, HEAD UP HIT & FORCE OUTSIDE RUSH, POSSIBLE SLIDE - UNCOVERED, OUTSIDE
- FB - SPU - CALL SIDE BACKER/VIS OVERSHIFT PLAYSIDE - DE/MACK UP - ALERT SWITCH - AP ROI - HOOK STUB OR SEAL INSIDE ON DE
- HB - FAKE - SPU FIRST INSIDE BACKER/MACK UP - ALERT SWITCH

NOTES:

1. THE PLAY FAKE ACTION MAY DICTATE ON EXCHANGE IN ASSIGNMENTS BETWEEN THE FB AND HB.
2. GAME PLAN MAY DICTATE SLIDE PROTECTION TO THE BACKSIDE.
3. LINEMEN BLOCK SEMI-AGGRESSIVE.

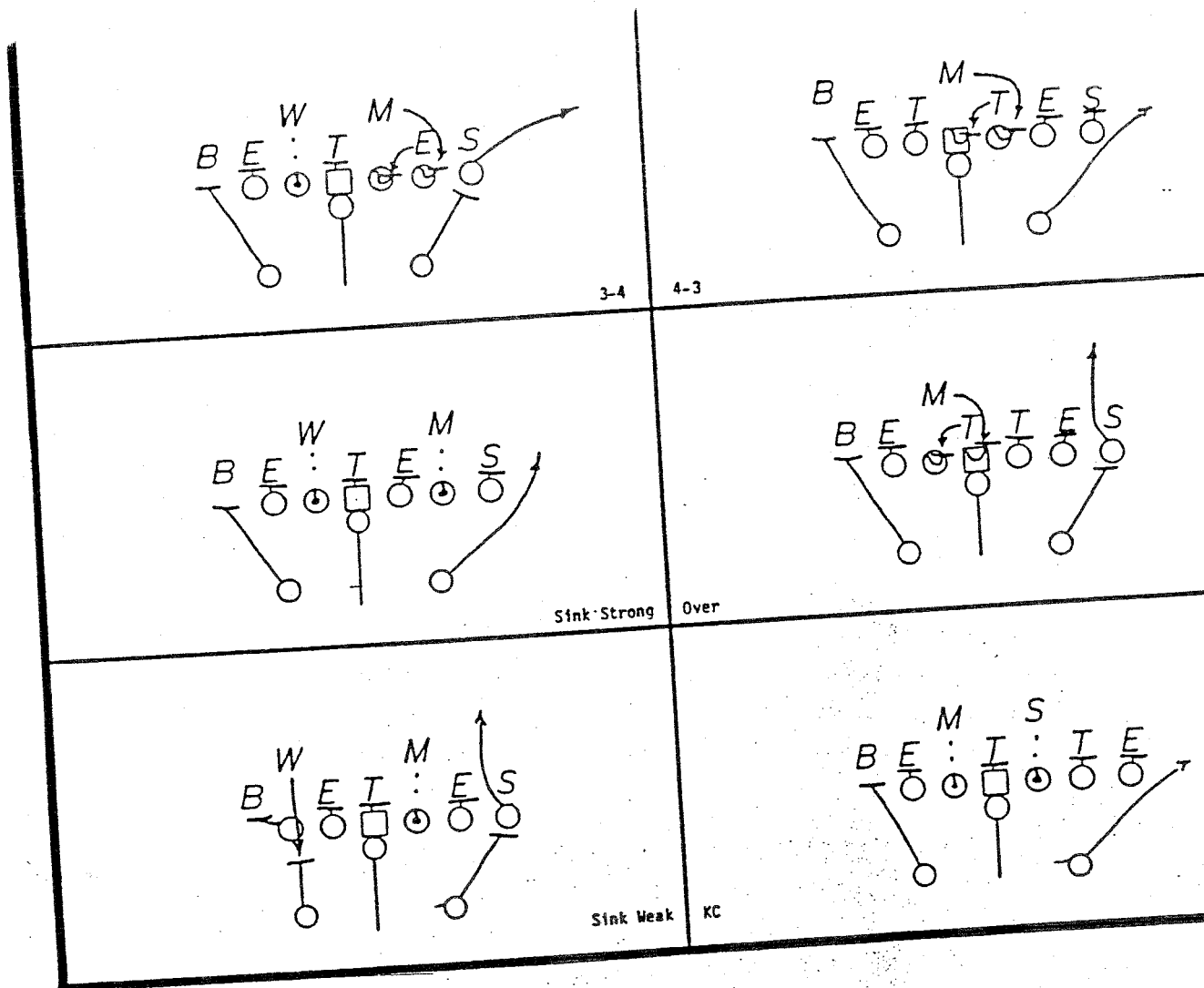


- TE - END MAN LOS/SLOW/AREA - ALERT SOX STUNT
- OT - DE - BIG MAN ON BIG MAN RULE, HEAD UP HIT, FORCE OUTSIDE RUSH
- OG - COVERED - M, HEAD UP HIT, DON'T ALLOW RUN AROUND, POSS R-L, UNCOVERED - STEP TO DE, LOOK FOR LB/N/T HELP ON NOSE LATE
- C - COVERED - M, SLIGHT ONSIDE NUMBER HIT, SUSTAIN, POSS R-L, UNCOVERED - STEP TO CALLED SIDE, LOOK FOR LB, N/T DROP TO TE SIDE
- OFG - COVERED - M, SLIGHT INSIDE NUMBER HIT, SUSTAIN, FORCE OUTSIDE RUSH, POSS R-L, UNCOVERED - STEP DOWN AT NOSE, LOOK FOR LB, N/T. DROP TO TE SIDE LATE, POSS INDY
- OFT - M - INSIDE NUMBER HIT, FORCE OUTSIDE RUSH, ALERT FOR SOX STUNT, POSS AREA WITH TE, UNCOVERED - DROP TO CHECK LB, N/T BACK UP TE, ALERT SLOW CALL, POSS INDY
- FB - P34-35 - SPU BUC/P25-44 WK - RUN ROUTE
- HB - P34-35 - RUN ROUTE/P25-44 WK - SPU BUC



TE - RUN ROUTE

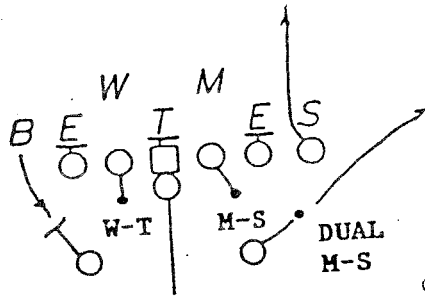
- OT - ODD - STEP INSIDE, BLOCK WILL DOG OR PINCH, ALLOW NO PENETARTION, NOT THERE MDM ON THE LOS. SINK LOOK - BLOCK DOWN ON DEFENDER ON GD, ALLOW NO PENETRATION. EVEN - SEMI-AGGRESSIVE TEAM WITH OG, GOOD SIGHT ADJUST TO MAC DOG, WALL THE AREA.
- OG - ODD - SEMI-AGGRESSIVE DO-DAD WITH CTR, GOOD SIGHT TO MAC, WALL AREA. SINK LOOK - BLOCK NOSE, ALLOW NO PENETRATION. EVEN - SEMI-AGGRESSIVE TEAM WITH OT, GOOD SIGHT ADJUST ON MAC, WALL THE AREA.
- C - ODD - SEMI-AGGRESSIVE DO-DAD WITH OG, GOOD SIGHT ADJUST ON MAC, ALLOW NO PENETRATION, WALL AREA. SINK - BLOCK BACK FOR PULLING GD, ALLOW NO PENETRATION, POSS O WITH OFT ON WIDE DE. EVEN - BLOCK BACK FOR PULLING GD, ALLOW NO PENETRATION, POS O WITH OFT ON WIDE DT.
- OFG - PULL FLAT THRU CENTER THEN BOW TO WORK TO HOOK 1ST DEFEDNER OUTSIDE OF OT'S BLOCK - BE ALERT FOR GO CALL, BLOCK MDM.
- OFT - ODD - M CUT OFF  
SINK - M, STEP INSIDE TO AREA M IN A OR B GAP WITH CTR.  
EVEN - STEP INSIDE TO AREA MAC A OR B WITH CTRE - NOT THERE BLOCK D.E.



CENTER - M - AREA  
 GUARDS - M - AREA  
 TACKLES - BIG MAN RULE/"SLOW" - M - AREA  
 FB - SPU OUTSIDE BACKER/Vs SINK - MAC  
 HB - SPU OUTSIDE BACKER/Vs SINK - WILL  
 TE - GAME PLAN WILL DICTATE PROTECTION ASSIGNMENT OR PATTERN

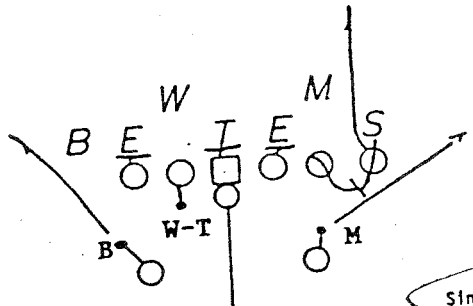
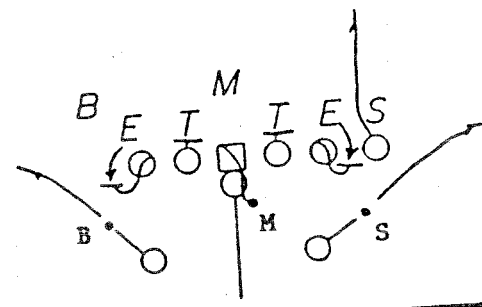
NOTES:

1. LINE CUT DOWN SPLITS (2 FT. - 2 FT.)
2. ALL AREA BLOCKING INSIDE - LINE SET SHORT
3. POSSIBLE INDY VS SINK AND A OR 1 GAP IS THREATENED

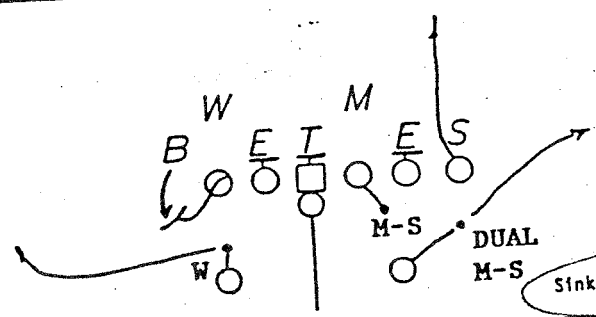
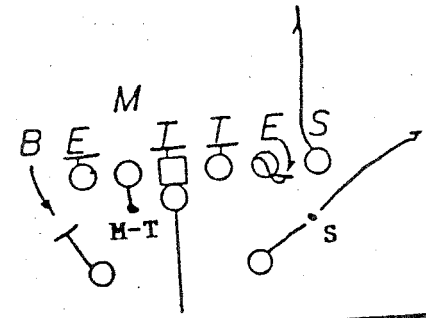


3-4

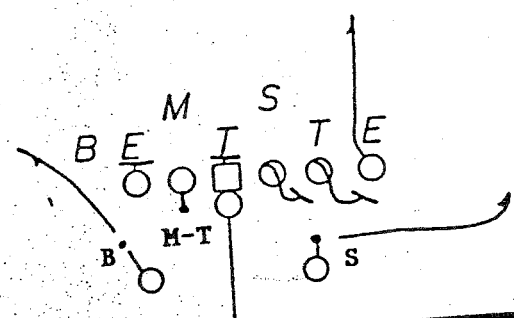
4-3



Sink Strong Over



Sink Weak KC



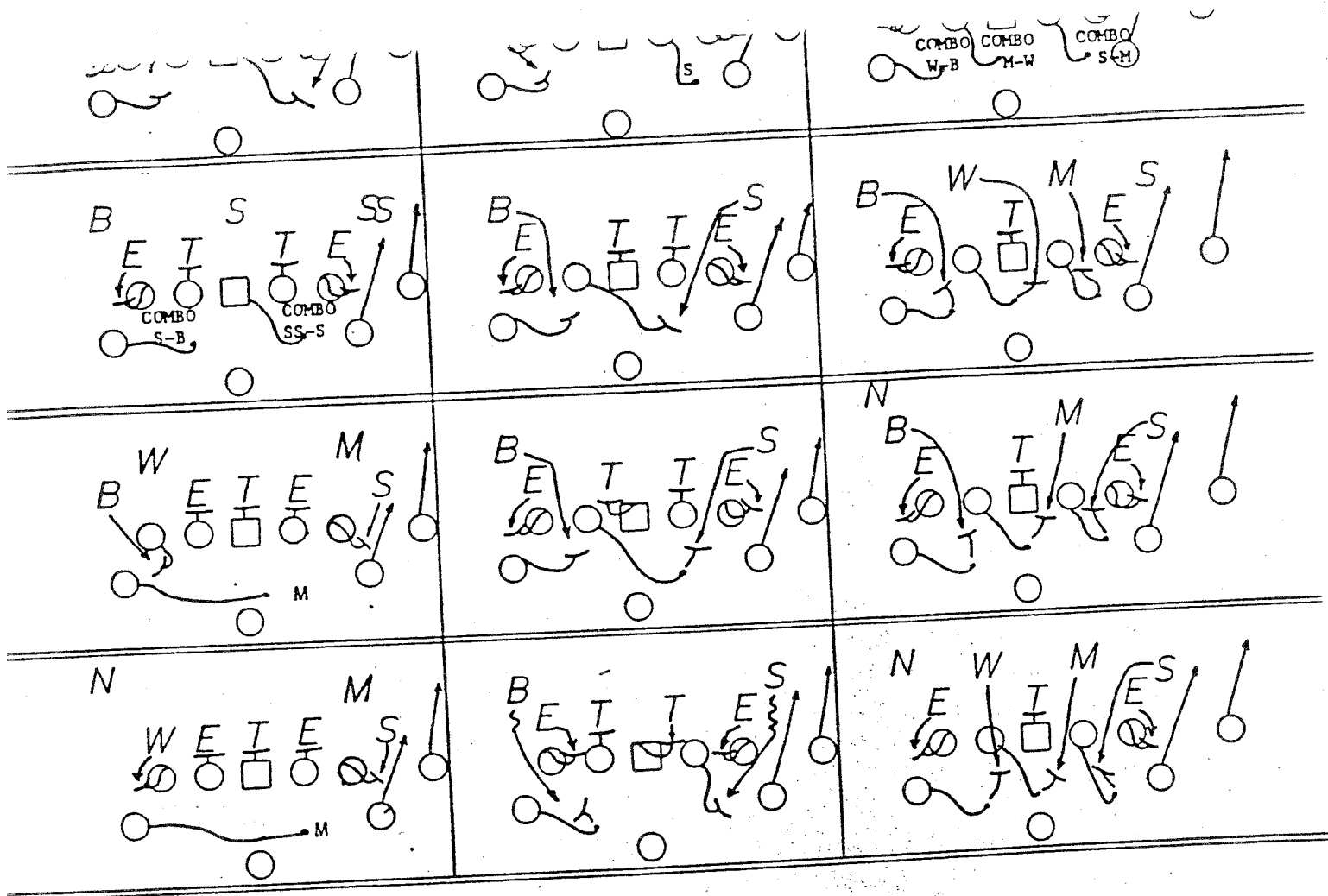
- CENTER - MAC-NOSE
- GUARDS - DT'S - IF UNCOVERED MAC - WILL
- TACKLES - DE'S (VS SINK - STUB OR BUC)
- FB - SPU OUTSIDE BACKER (VS SINK - MAC OR WILL)
- HB - SPU OUTSIDE BACKER (VS SINK - MAC OR WILL)

NOTES:

1. BIG MAN ON BIG MAN
2. 'R' OR 'L' CALL BY CENTER VS EVEN FRONT - CENTER EXCHANGES RESPONSIBILITY WITH RIGHT OR LEFT GUARD.
3. "BUMP" CALL BY GUARD - GUARD EXCHANGES RESPONSIBILITY WITH CENTER.
4. "RIGHT" OR "LEFT" CALL TO GUARD - GUARD TO CALLED SIDE HAS DUAL READ (INSIDE BACKER TO OUTSIDE BACKER) N/T HELP TACKLE, MDM. BACK TO CALLED SIDE HAS DUAL READ TO DETERMINE SPU GUARD AWAY FROM CALLED SIDE CHECK INSIDE BACKER - HELP ON NOSE - MDM.
5. HOT SCHEME - CALL SIDE TACKLE ALERT "INDY" CALL VS SINK WHEN A OR 1 GAP IS THREATENED

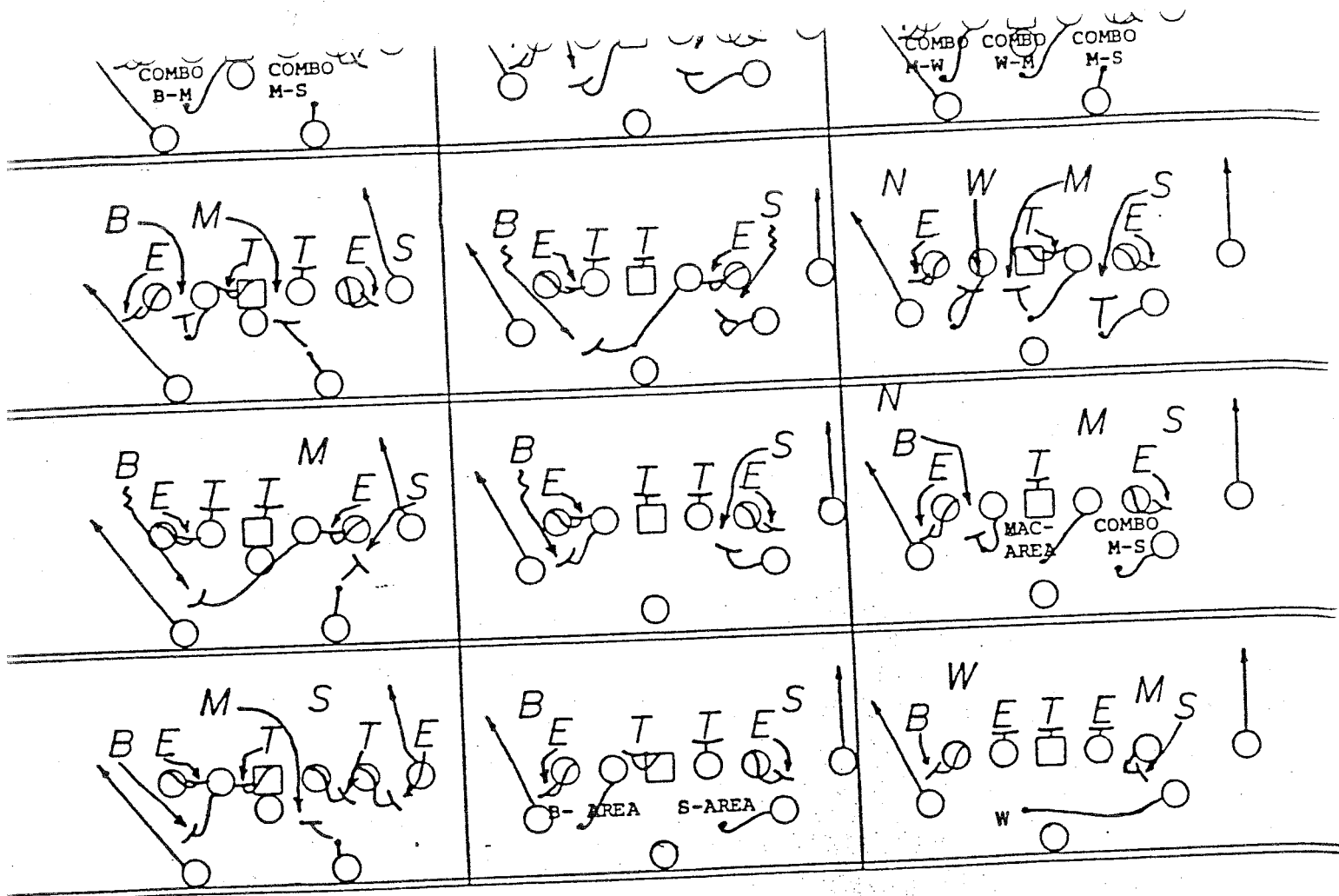
"qb" will say right or left

short  
firm qb setting  
up at Syds.



- CENTER - UNCOVERED, COMBO STUB, INSIDE BACKER, AREA - COVERED, M, ALERT MAKE ROGER-LOUIE CALL
- WEAK GUARD - UNCOVERED. COMBO STUB, INSIDE BACKER, AREA - VS 34, COMBO MAC, WILL, AREA - COVERED, M, ALERT MAKE ROGER-LOUIE CALL
- STRONG GUARD - UNCOVERED, COMBO STUB, INSIDE BACKER, AREA - VS 34, COMBO STUB, MAC, AREA - COVERED, M - ALERT MAKE ROGER-LOUIE CALL
- WEAK TACKLE - COVERED, M, BIG MAN - BIG MAN RULE
- STRONG TACKLE - COVERED, M, BIG MAN - BIG MAN RULE
- FB - NPU - RUN ROUTE
- HB/RB - COMBO INSIDE LB - BUC - AREA/VIS 34 SINK - COMBO INSIDE LBERS - 5-0 BLOCK LB TO SCAN

NOTES:



CENTER - UNCOVERED, COMBO BUC, INSIDE BACKER, AREA - COVERED - M, ALERT MAKE ROGER - LOUIE CALL

WEAK GUARD - UNCOVERED - COMBO BUC, INSIDE BACKER, AREA - VS 34, COMBO BUC, WILL, AREA - COVERED, M, ALERT ROGER - LOUIE CALL

STRONG GUARD - UNCOVERED, COMBO BUC, INSIDE BACKER, AREA - VS 34, COMBO WILL, MAC - AREA - COVERED, M, ALERT MAKE ROGER-LOUIE CALL

WEAK TACKLE - COVERED, M - BIG MAN - BIG MAN RULE

STRONG TACKLE - COVERED, M - BIG MAN - BIG MAN RULE

FB - COMBO MAC - STUB - AREA/VIS 34 SINK - MDM

HB/RB - NPU - RUN ROUTE

#### NOTES:

1. UNCOVERED LINEMEN COME OFF 5 YDS.
2. VS 34 FRONT - GUARDS COMBO READ WEAKSIDE TO STRONGSIDE BACKERS.
3. AREA CONCEPT INDICATES SHIFTING FROM LBER IF THEY DO NOT DOG TO HELPING ON A DOWN LINEMAN

## THE AUDIBLE SYSTEM

19

### AUDIBLE SYSTEM

DURING THE AUDIBLE PHASE OF THE CADENCE THE QUARTERBACK WILL CALL A SNAP COUNT NUMBER AND THEN A DOUBLE DIGIT.

IF THE QUARTERBACK REPEATS THE SNAP COUNT THAT WAS CALLED IN THE HUDDLE, IT IS A LIVE AUDIBLE - THE NUMBER THAT FOLLOWS INDICATES THE NEW PLAY THAT THE QUARTERBACK HAS SELECTED. THE SNAP COUNT WILL REMAIN THE SAME AS THE ONE CALLED IN THE HUDDLE.

EXAMPLE:

A. HUDDLE CALL: OPPOSITE LEFT - 39 - ON TWO

B. AT THE LOS: 43 SET  
2-35 2-35 (NEW PLAY IS 35)  
HIKE-HIKE

IF THE SNAP COUNT NUMBER GIVEN AT THE LOS IS OTHER THAN THE COUNT GIVEN IN THE HUDDLE IT MEANS NOTHING - A DUMMY AUDIBLE.

### "CHECK WITH ME" SYSTEM

WITH THIS SYSTEM THE QUARTERBACK WILL ALERT THE TEAM WHILE IN THE HUDDLE TO TWO PRE-PLANNED PLAYS OF WHICH ONE WILL BE SELECTED AT THE LOS.

IN THE HUDDLE HE WILL CALL THE FORMATION AND THEN SAY, "CHECK WITH ME" AND GIVE TWO PLAYS AND A SNAP COUNT.

EXAMPLE: 34 SET  
2-35 2-35 (PLAY IS 35)  
HIKE-HIKE

IT IS POSSIBLE TO USE THE SAME "CHECK WITH ME" SYSTEM WITHOUT CALLING A PLAY IN THE HUDDLE.

IN THE HUDDLE, THE QUARTERBACK WILL SAY, "CHECK WITH ME", GIVE A FORMATION AND A SNAP COUNT.

EXAMPLE: CHECK WITH ME - OPPOSITE RIGHT - ON TWO

AT THE LOS, WHATEVER PLAY IS SELECTED WILL BE CALLED USING THE NORMAL AUDIBLE SYSTEM.

EXAMPLE: 34 SET  
2-38 2-38 (PLAY IS 38)  
HIKE-HIKE



COACHING POINTS ON OUR AUDIBLE SYSTEM

1. WE WILL NEVER AUDIBLE OUT OF A PLAY WHEN A "SET", "ON THE AUDIBLE" OR "ON THE 2ND AUDIBLE" SNAP COUNT IS CALLED IN THE HUDDLE.
2. BACKS MUST BE ALERT TO SHIFT TO THE FORMATION FROM WHICH WE RUN THE PLAY.

ZERO CALL: THE QB WILL CALL "ZERO" WHEN HE IS IN A POSITION TO RECEIVE THE SNAP AND HE FINDS ONE OR BOTH OF HIS WIDE RECEIVERS WITHOUT COVERAGE. EVERYONE WILL FREEZE IN THEIR RESPECTIVE POSITION AND THE CENTER WILL SNAP THE BALL ON, (A) THE QB HAND PRESSURE, OR (B) IN GUN, THE QB'S HAND SIGNAL. THE LINE AND BACKS WILL BLOCK 50 PROTECTION AND THE QB AND RECEIVERS WILL RUN AN EASY 50 GO.

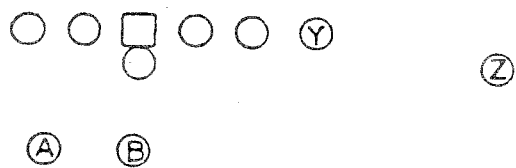
COACHING POINTS ON OUR AUDIBLE SYSTEM

1. WE WILL NEVER AUDIBLE OUT OF A PLAY WHEN A "SET", "ON THE AUDIBLE" OR "ON THE 2ND AUDIBLE" SNAP COUNT IS CALLED IN THE HUDDLE.
2. BACKS MUST BE ALERT TO SHIFT TO THE FORMATION FROM WHICH WE RUN THE PLAY.

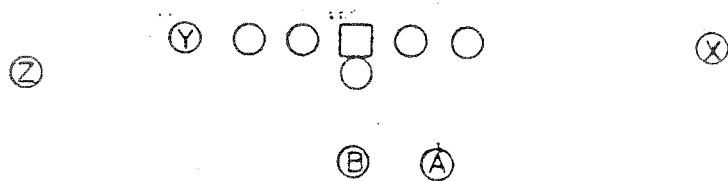
ZERO CALL: THE QB WILL CALL "ZERO" WHEN HE IS IN A POSITION TO RECEIVE THE SNAP AND HE FINDS ONE OR BOTH OF HIS WIDE RECEIVERS WITHOUT COVERAGE. EVERYONE WILL FREEZE IN THEIR RESPECTIVE POSITION AND THE CENTER WILL SNAP THE BALL ON, (A) THE QB HAND PRESSURE, OR (B) IN GUN, THE QB'S HAND SIGNAL. THE LINE AND BACKS WILL BLOCK 50 PROTECTION AND THE QB AND RECEIVERS WILL RUN AN EASY 50 GO.

## BASE FORMATIONS

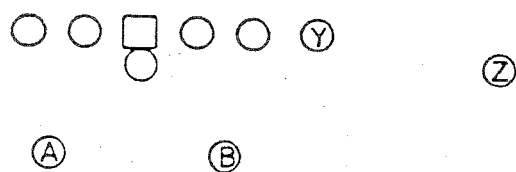
OPPOSITE RIGHT



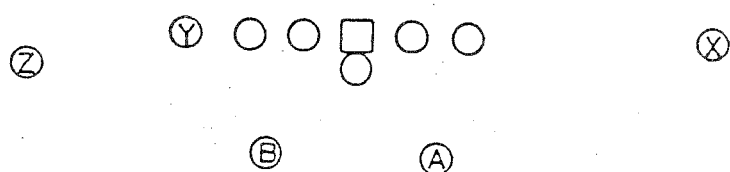
OPPOSITE LEFT



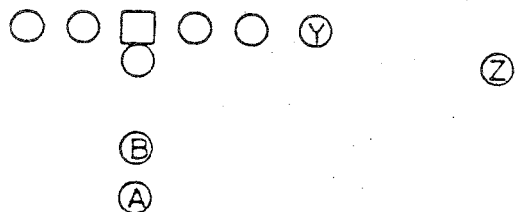
SPLIT RIGHT



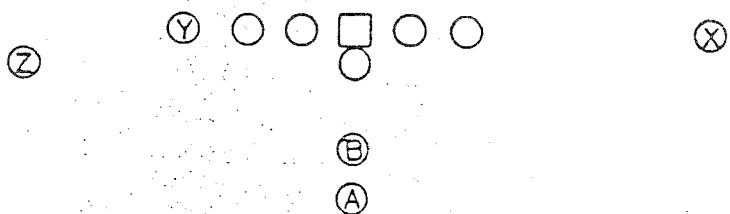
SPLIT LEFT



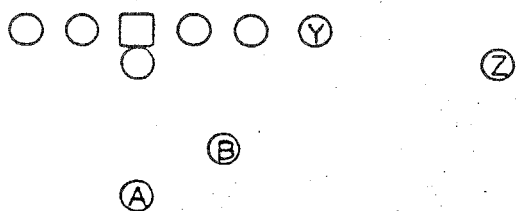
I RIGHT



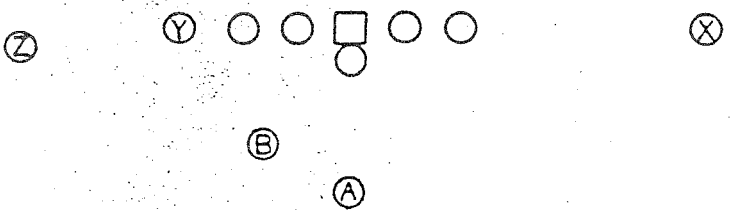
I LEFT



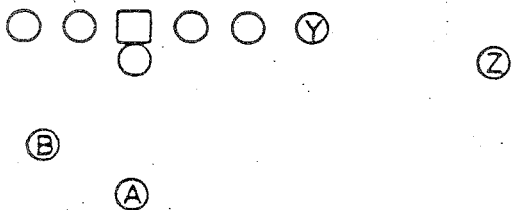
NEAR RIGHT



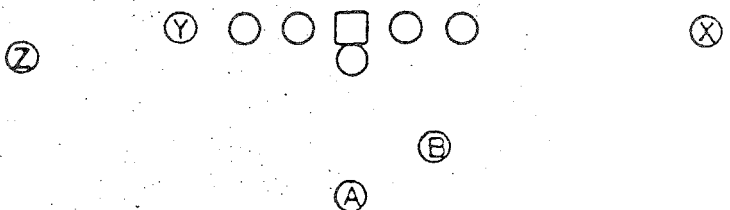
NEAR LEFT



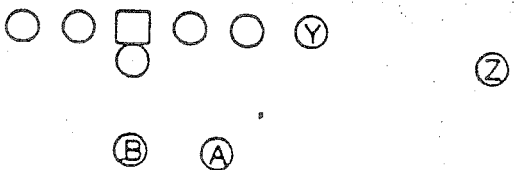
FAR RIGHT



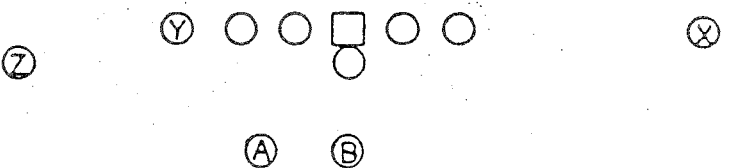
FAR LEFT



STRONG RIGHT



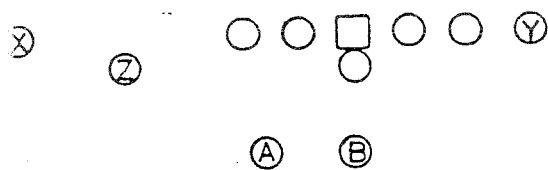
STRONG LEFT



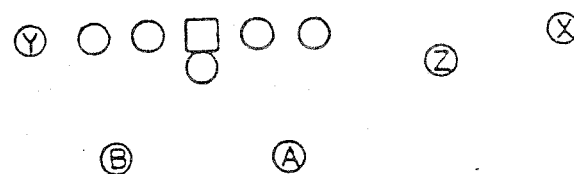
## BASIC BACKFIELD SETS CAN BE USED WITH SLOT FORMATIONS

## EXAMPLES:

OPPOSITE RIGHT SLOT

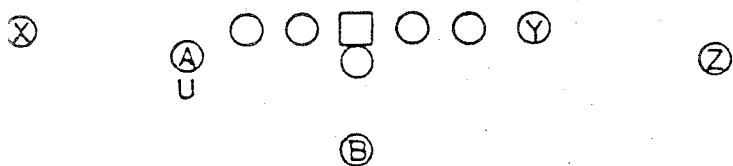


SPLIT LEFT SLOT

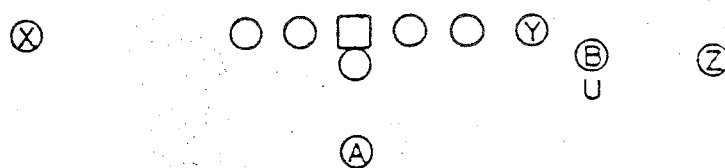


ONE BACK FORMATION

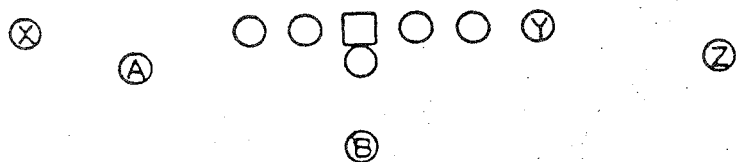
DOUBLE RIGHT (ALSO 2 BACK)



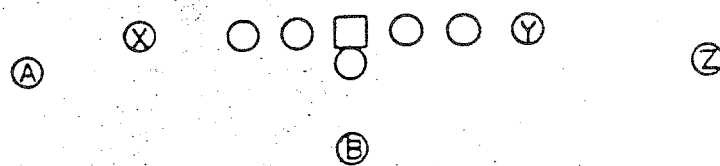
TREY RIGHT (ALSO 2 BACK)



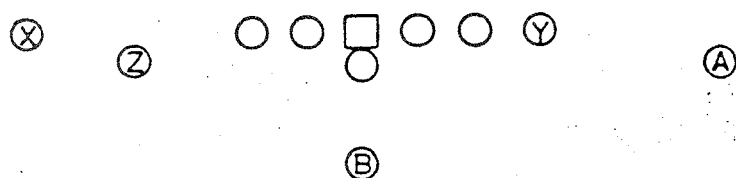
SPREAD RIGHT



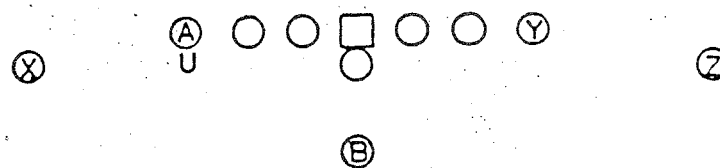
OPEN RIGHT



EAST RIGHT



ACE RIGHT



# IDENTIFICATION OF DEFENSIVE PERSONNEL

IDENTIFICATION OF DEFENSIVE PERSONNEL IS BASED ON THE DEFENSIVE POSITIONS AS THE OFFENSE LOOKS AT IT.

## 43 FRONT PERSONNEL

### SECONDARY

LOU - LEFT CORNER  
SAM - STRONG SAFETY  
JILL - WEAK SAFETY  
ROSE - RIGHT CORNER  
NICKEL - 5TH DB  
DIME - 6TH DB

### LINEBACKERS

STUB - STRONG BACKER  
MAC - MIDDLE BACKER  
BUC - WEAK BACKER  
WILL - WEAK INSIDE BACKER  
(3 MAN FRONT)

## 34 FRONT PERSONNEL

### ENDS

RIGHT END  
LEFT END

### TACKLES

RIGHT TACKLE  
LEFT TACKLE  
NOSE TACKLE (3 MAN FRONT)

## 40 FRONT PERSONNEL

NICKEL

JILL

STUB

LOU

DIME

LE

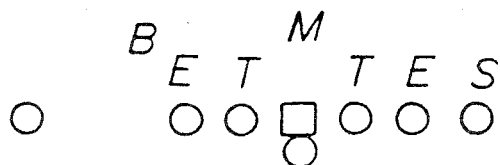
LT

RT

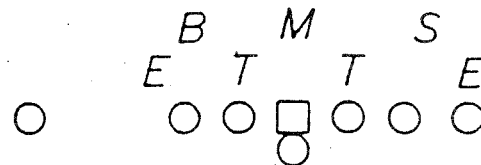
RE

SAM

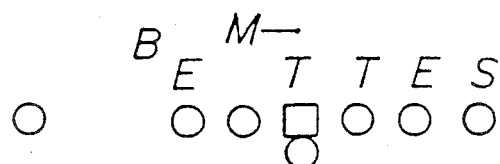
ROSE



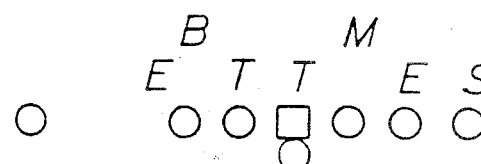
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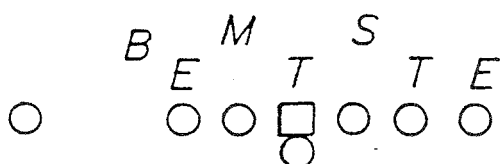
43 STUD L



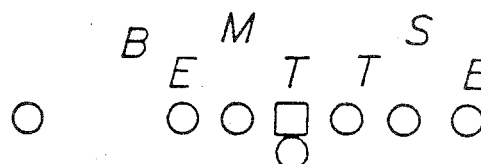
OVER



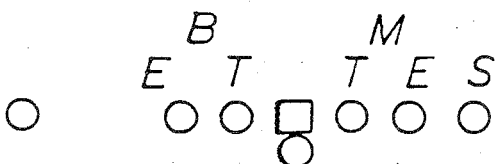
UNDER



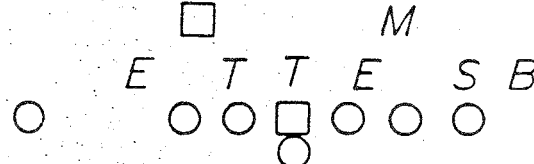
KC



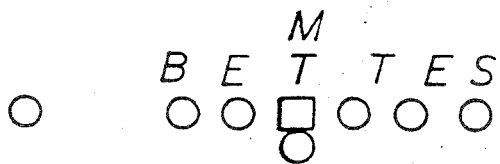
BROWN



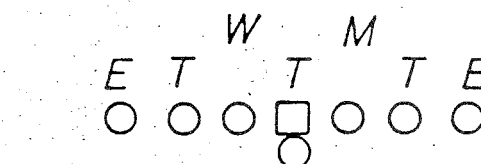
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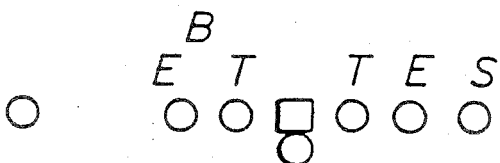
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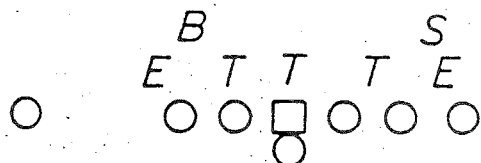
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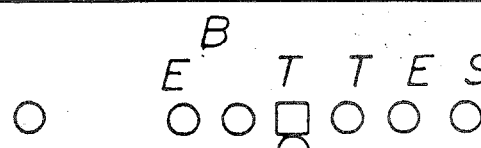
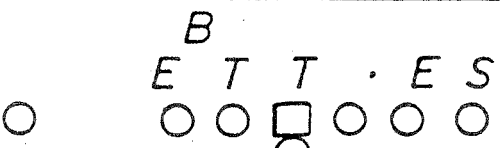
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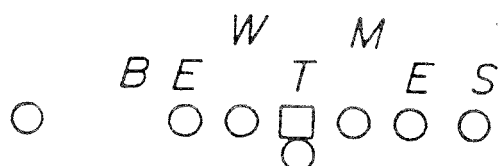


4-0



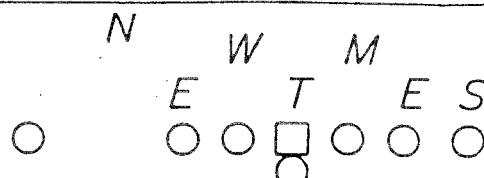
5-0





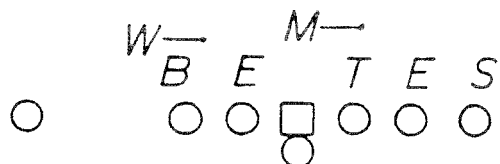
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(34)



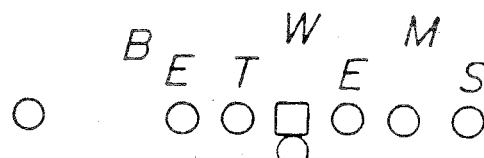
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(33)



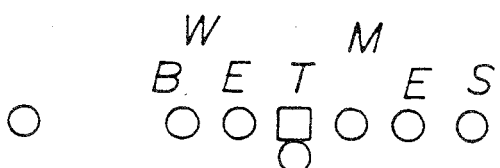
34 EVEN STRONG

(34ES)



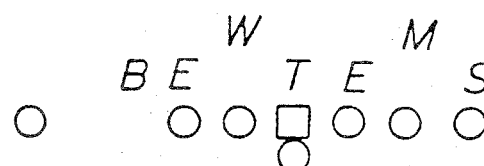
34 EVEN WEAK

(34EW)



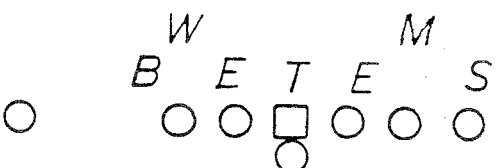
34 SINK WEAK

(34U)



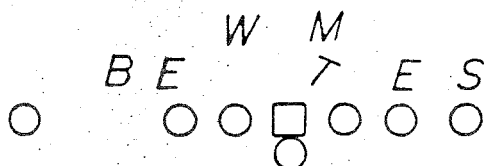
34 SINK STRONG

(34B)



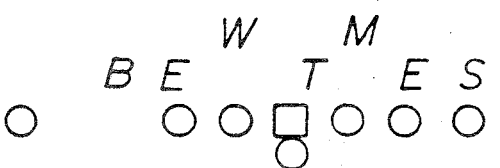
34 DOUBLE SINK

(34DS)



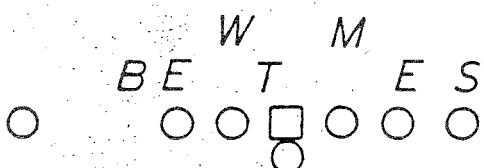
34 PIGEON STRONG

(34PS)



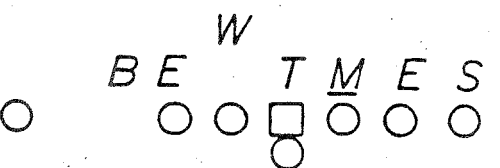
34 Y

(34Y)



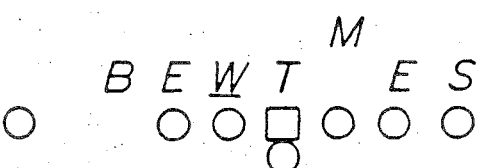
34X

(34X)



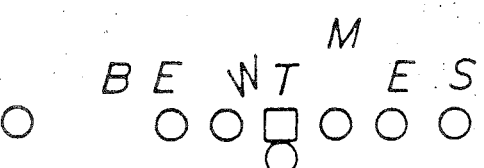
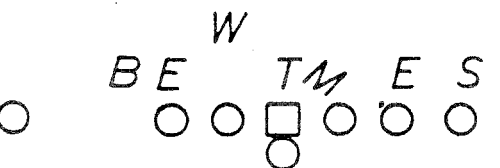
34 M

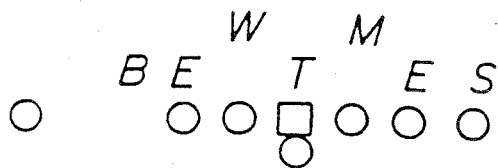
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34 W

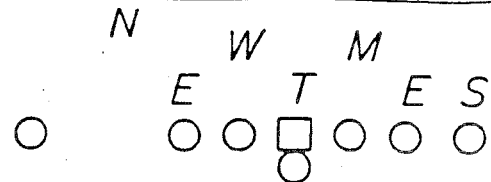
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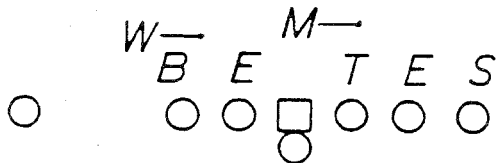
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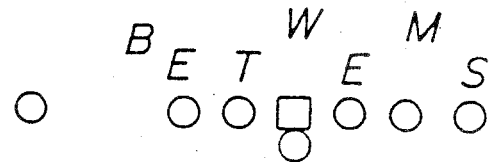
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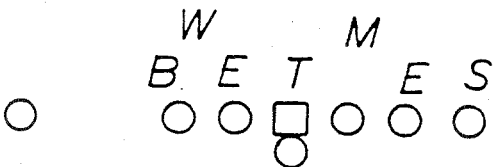
34 EVEN STRONG

(34ES)



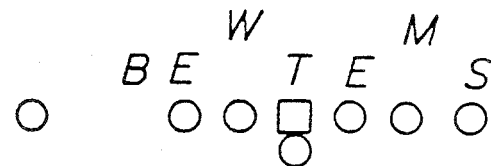
34 EVEN WEAK

(34EW)



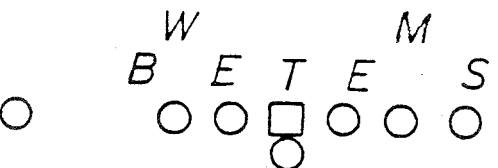
34 SINK WEAK

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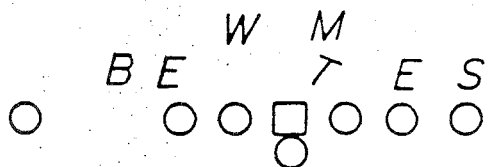
34 SINK STRONG

(34B)



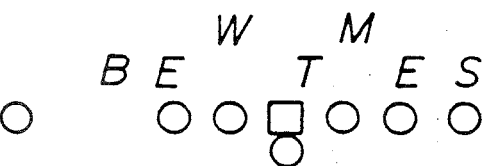
34 DOUBLE SINK

(34DS)



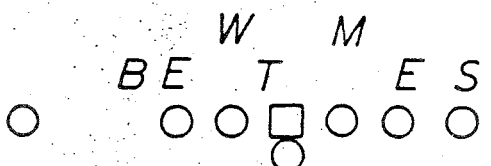
34 PIGEON STRONG

(34PS)



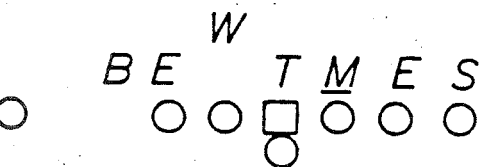
34 Y

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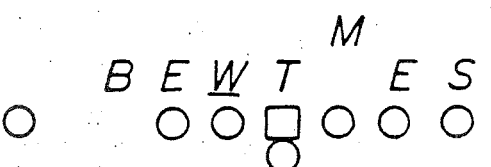
34X

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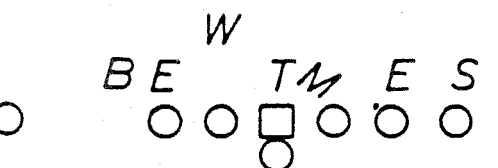
34 M

(34M)

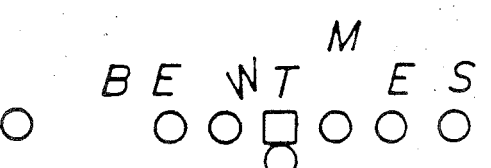


34 W

(34W)



34 A



34 I

(34I)



# UNUSUAL 34 FRONTS

B E W T M S E  
 ○ ○ □ ○ ○ ○  
 ○

34K

B E W T M E S  
 ○ ○ □ ○ ○ ○  
 ○

34U

B E W T M S E  
 ○ ○ □ ○ ○ ○  
 ○

34KB

E B W T M E S  
 ○ ○ □ ○ ○ ○  
 ○

34UW

B E W T M S E  
 ○ ○ □ ○ ○ ○  
 ○

34KM

E B W T M E S  
 ○ ○ □ ○ ○ ○  
 ○

34U2

B E W T M S E  
 ○ ○ □ ○ ○ ○  
 ○

34KS

E B W T M E S  
 ○ ○ □ ○ ○ ○  
 ○

34UN

## DOG IDENTIFICATION

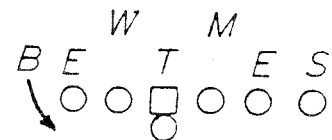
DOG: INDICATES ONE OR MORE LINEBACKERS RUSHING ACROSS THE LOS.

SINGLE DOGS

MAC I: MAC RUSHING ALONE.



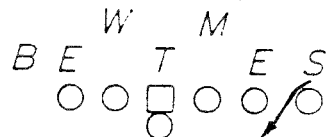
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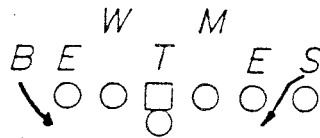
WILL I: WILL RUSHING ALONE.



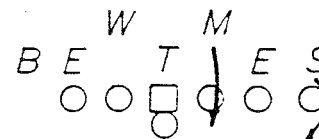
STUB I: STUB RUSHING ALONE.

TWO MAN DOGS

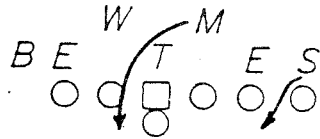
RED DOG: THE TWO OUTSIDE LINEBACKERS RUSHING. (RD)



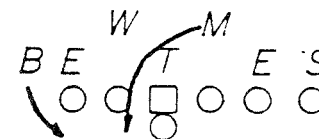
STRONG DOG: MAC AND STUB RUSHING STRONG. (SD)



STRONG CAT: MAC AND STUB RUSHING WITH MAC GOING WEAK. (SC)



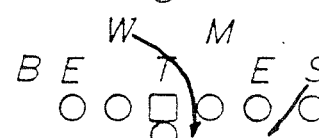
WEAK DOG: MAC AND BUC RUSHING WITH MAC GOING WEAK. (WD)



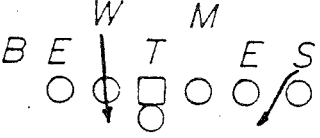
WEAK CAT: MAC AND BUC RUSHING WITH MAC GOING STRONG. (WC)



STRONG PLUG: WILL AND STUB RUSHING WITH WILL GOING STRONG. (SP)



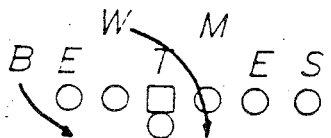
STRONG RAT: WILL AND STUB RUSHING WITH WILL GOING WEAK. (SR)



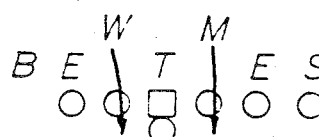
WEAK PLUG: WILL AND BUC RUSHING WITH WILL GOING WEAK. (WP)



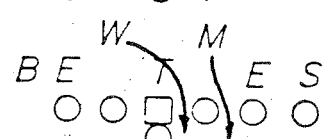
WEAK RAT: WILL AND BUC RUSHING WITH WILL GOING STRONG. (WR)



MIDDLE DOG: MAC AND WILL RUSHING WITH MAC GOING STRONG &amp; WILL GOING WEAK. (MD)



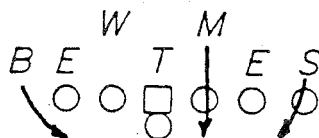
MIDDLE DOG STRONG: MAC AND WILL RUSHING STRONG. (MDS)



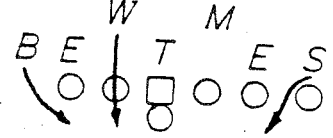
MIDDLE DOG WEAK: MAC AND WILL RUSHING WEAK. (MDW)

THREE MAN DOGS

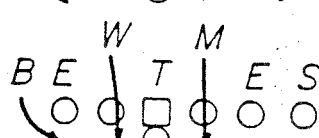
MAD DOG: MAC, BUC AND STUB RUSHING (MAD)



WILD DOG: WILL, BUC AND STUB RUSHING. (WD)



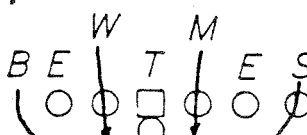
MOB DOG: MAC, WILL AND BUC RUSHING (MOB)



SLY DOG: MAC, WILL AND STUB RUSHING (SD)

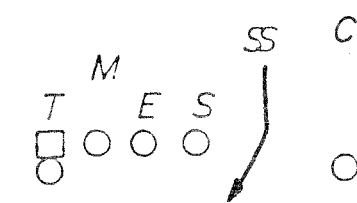
FOUR MAN DOG  
(TOT)

TOTAL DOG: MAC, BUC AND STUB RUSHING.

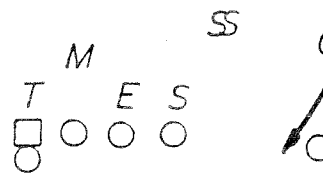


BLITZ INDICATES A DEFENSIVE BACK IN THE RUSH PATTERN.

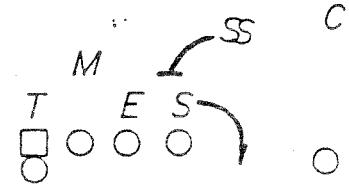
EXAMPLES: JILL BLITZ; SAM BLITZ

RUN FORCES

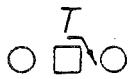
SKY - SAFETY FORCE



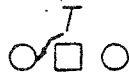
CLEO - CORNER FORCE



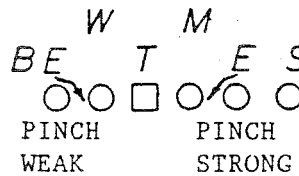
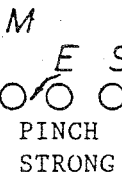
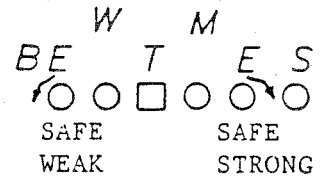
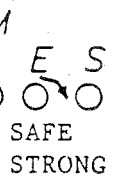
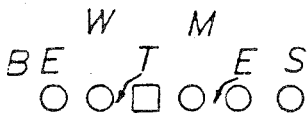
BRONCO - BACKER FORCE

3 MAN LINE CHARGES

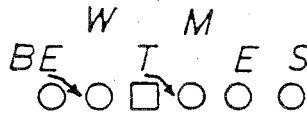
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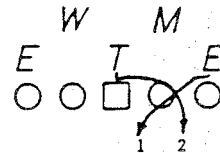
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PINCH  
WEAKPINCH  
STRONGSAFE  
WEAKSAFE  
STRONG

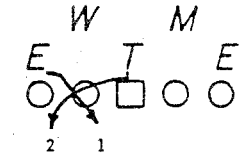
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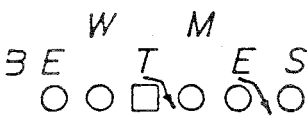
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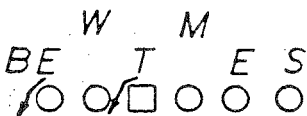
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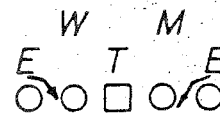
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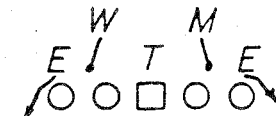
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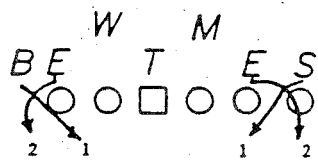
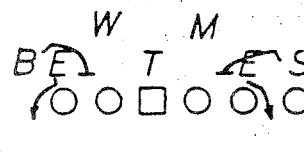
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PINCH

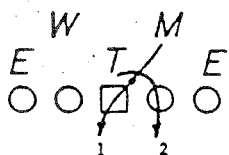


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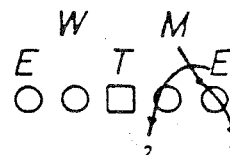
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CHANGESTUB  
CHANGE

OX

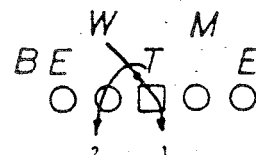
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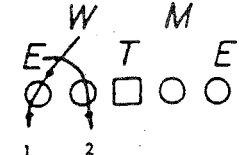
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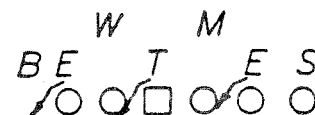
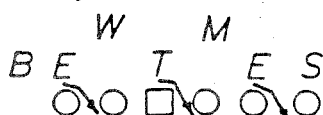
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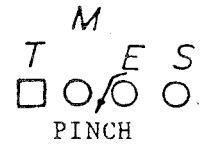
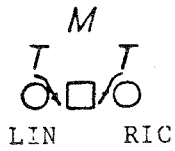
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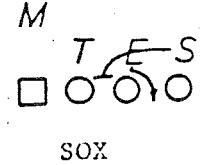
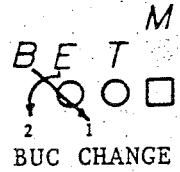
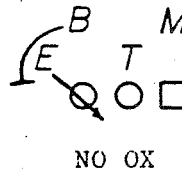
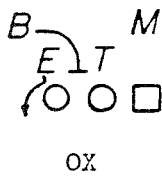
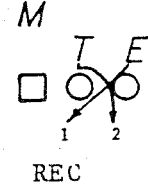
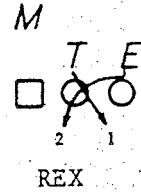
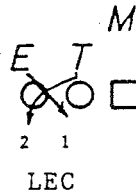
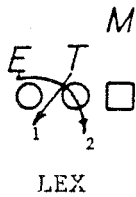
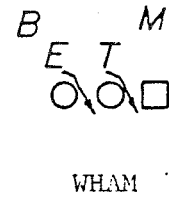
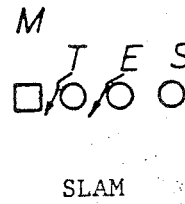
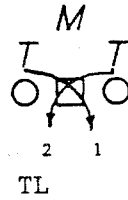
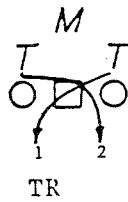
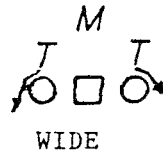
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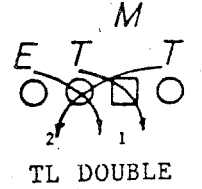
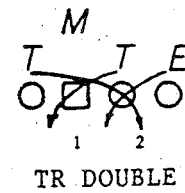
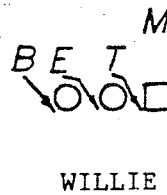
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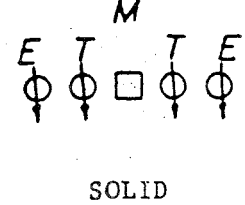
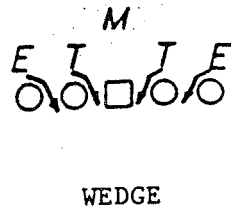
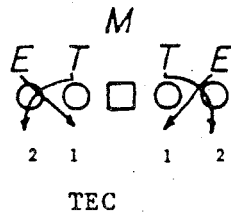
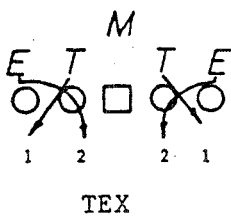
2 MAN



3 MAN



4 MAN



pass block con't.

- 2 -

- (4) Feet; wide base, lateral movement, don't go forward - "just laterally".

Let him run; take him the way he is going, don't bounce - "shuffle".

NOTES: \*TAPE YOUR SLEEVES - LESS TO GRAB

\*CHOP AS LAST RESORT

\*DON'T HEAVY RIDE - KEEP SEPERATION

\*DON'T LEAN ON MAN

#### C. Combating defensive line pass rush techniques

- (1) Inside Rush - try to keep \*seperation, try to stay square. If not possible, attack him and drive him into piles with down block.
- (2) Outside Rush - back up straight as possible, when he makes his move then you can turn your shoulders. The longer you can go without making contact - the better. If he stays outside get your outside hand up high on his far shoulder pad and he can't rush around your hand.
- (3) Bull Rush - Keep your hands inside him; get your legs back, sit back low, get under him, make it a pushing match, at last resort "seat drop him"
- (4) Spins - After punch; get off him, sit back and watch his move direction, don't put pressure on him.
- (5) Rip - (arm under)
- (a) Push his rip arm with your hand
  - (b) Get your other hand on his back (near hip) and push
  - (c) Keep seperation - so he can't spin back quick on you
  - (d) Some pro's clamp rip arm
- (6) Grabber - (a) "Karate" his hands off (from inside out) (b) instantly get your open hands back and punch his numbers. Keep the seperation. Knock off - Then punch, counter punch.

- (7) Grab and Swim - (a) Put your hand under the grab arm pit, push into pit and sit back. (Lock Elbows) (b) Put your other arm in "Swim Arm Pit" - Sit back (c) Alternate Method - Drive helmet into swim arm pit with ear across body.

## II. RUN BLOCK - STANCE (Right handed)

### (A) Three point stance (Hands - Arms)

- (1) If run put more weight on hand with a little more weight forward, hand extended straight down from right shoulder and outward.
- (2) Use fingertips not knuckles or fist. This makes for a higher stance.
- (3) Other arm's forearm should rest on left thigh.

### (B) Feet - Legs - Back - Head

- (1) Feet should be about shoulder width apart with the right foot back slightly from the left. \*Taller players might have to put their right foot back further.
- (2) We like to use a more even stance when going left.
- (3) Weight on balls of feet - heels off ground, power comes from legs, knee and ankle bend. Toes can be slightly pigeon toed.
- (4) Back flat, butt up higher than back.
- (5) Head up, bulled neck (a strain should be felt)
- (6) Look up through eyebrows.

## III. DRIVE BLOCK (Base Block)

### (A) Step

- (1) Short 3 inch step in direction of play \*Don't overstep - don't reach step.

(2) Step for defensive man's "Little Toe".

(3) With back foot lunge (explode) step through man's crotch, rising up from your thigh up through his chest.

(4) Keep the accelerated choppy steps moving through him - don't lean.

(B) Contact

(1) Keep head to side of play.

(2) Keep head between ball carrier and defensive man.

(3) Get your hands or shoulders on him quickly - on his outside breast.

\*(4) First, "Neutralize Charge". Then work for position.

(5) Try to direct him by following through, work for A.T.P. \*A.T.P.

(Ass Toward Play)

\*(6) Step correctly, Rt. foot - left shoulder, left foot - Rt. shoulder for high school. Hands in College.

(7) Put a shock on his outside numbers with a punch or flat hard push.

(8) Keep the outside hand up higher near shoulder pad, back side hand should be up through chest.

(9) Arch back, rise up on contact. Straight back could move your head down and miss block.

(10) Leverage with hips, legs, back and ankles make a lifting force power.

(C) A.T.P.

(1) On contact, after arch we A.T.P.

(2) Dip hips and rise up into him moving feet at all times while working butt toward ball carrier. Rotate hips into him. Cut off his pursuit.

- (3) Push him up field if you can't turn (A.T.P.) him.
- \*\* (4) Don't position yourself for "A.T.P." until contact is made.
- \* (5) Winning edge is acceleration time after contact.

#### IV. DOWN BLOCK

\*Man on your inside gap with play going outside.

(A) Aggressive gap player.

- (1) First job - "STOP PENETRATION". Step toward man's crotch with your inside foot. Don't lean, deliver a solid blow.
- (2) Your ear and inside hand and outside shoulder should be on his outside number, using a high block. He can recover too fast from a chop type block.
- (3) If he is going low, (Goal Line Submarine Move) your block is lower.
- \* (4) Head turn and step in crotch must be at the same time to "stop penetration".
- (5) Head must be kept up to tell if he is a "Reader".
- (6) Rotate hip toward play, (A.T.P.), prevent lateral movement.
- \* (7) First - Deliver the blow, second - A.T.P.
- \* (8) Don't get position before taking step
- (9) Drive man down line of scrim. if possible. After hands hit make sure feet keep moving.

(B) Down Blocking "A READER"

\*Slightly different than a penetrator.

- (1) Step to his near foot
- (2) Put both hands on his near shoulder (H.S. - use body to out him off).
- (3) Blocker should wait to meet his chest when defender turns toward



play. Then A.T.P. quicker, cut off lateral movement.

(4) A little more "passive" block. He actually comes to you.

V. REACH BLOCK (Hook Block)

\*Man on your outside shoulder or eye and you must block him inside or straight upfield. Prevent him from lateral movement. He is usually reading your head so it must be a quick block.

Play Direction

(1) Step open laterally, on foot aiming at defensive man's arm pit.

Second Step, with back foot up his crotch, third - with lead foot bringing you past defensive man.

(2) Butt and outside leg on third step should be turning toward play (A.T.P.). Arch and rise up.

(3) Inside hands heel punches up his outside numbers. Outside hand goes farther to meet him in his pursuit. Try to turn his outside shoulder back inside with your hands. \*If not able to turn him back inside, push him upfield or neutralize him.

(4) Work for A.T.P., try to get helmet on outside.

(5) If inside rush! Neutralize him, it will be enough for an outside play to work. \*You will get beat inside if your second step doesn't go through his crotch.

(6) There is a tendency to stop feet on contact after reach block. Keep the feet moving, make him stop his lateral movement.

(7) This block is not designed to knock down people, it just screens or moves them.

#### VI. NEAR SHOULDER BLOCK

\*When man is on your outside shoulder and you want to block him out because the play is inside you.

- (1) Step with your near foot to his near foot.
- (2) Hit with near shoulder or hands on his near numbers and shoulders.
- (3) A.T.P. toward play, open hips quickly, rise up and move feet.
- (4) Drive him parallel down line away from ball carrier.
- (5) Similar to a trap block - go left use left shoulder, right use right.
- (6) Neutralize a penetrator.

#### VII. RUN THROUGH BLOCK

\*Used down field (pulling or sealing up through) also open field.

- (1) Run quickly to area near man to be blocked.
- (2) Geer down to blocking position near man.
- (3) Defender has time to move away or avoid you - both can build up speed on collision.
- (4) You must deliver with more power and "Run through him". Step on his toes on the way through. Keep feet moving, accelerate on contact.
- (5) Use hands or shoulder block. Dip into man just before contact for more power.
- (6) Get square with defender before making contact, usually using a high block. Stare at his numbers.
- (7) Block him toward sidelines or hook him. Let back see your directional block.

# VIII. TRAP

## A. Kick out

- (1) Pull and stay low.
- (2) Step with foot toward trap, open up and take route depending on length of trap.
  - a. Quick Trap, step into line of scrimmage. (Take inside out approach.)
  - b. Reverse, (Long Trap), step parallel.
  - c. Bootleg, Confidence, Pick. Open step and pull deeper.

\*\*\*Key Point. Pull right use right shoulder - Pull left use left shoulder.

- (3) Must make quick decision on wheather to kick out or log (Hook).  
It is up to the back to make cut off your log or kickoff.

\*(4) Locate defender on first step.

- (5) Head in hole.
- (6) Drive block through man; keep legs moving, push and punch up through his hips. Shoulder block is still preferred here.
- (7) Lunge in to hole, important to get your feet out of hole as fast as possible.
- (8) Never pass up a defender, hit first different color jersey who penetrates.

## B. Trap

\*Log!

- (1) Happens when man reads very well and has closed hole and you can't kick him out.

(2) You smother him with your body. Hook or reach him. We call this a "LOG".

(3) Back must now make his cut over the top of the block.

#### IX. GLUE (Blocking a Linebacker)

\*Different steps for straight plays than outside plays.

##### A. Outside plays or plays away from you.

(1) Most important that you step first in direction of play. You will never get a good LB if you step straight at him.

(2) Your goal on outside "GLUE" is to block man on his outside breast number and turn his shoulder up field. (A.T.P.) Stop his lateral movement.

(3) Technique; fire out of stance with directional step, deliver inside forearm or hand to his far number, put outside hand on his outside shoulder to turn it up field. You must screen him from lateral pursuit.

(4) Dip the body as you get to LB to give additional strength to your block. Arch and rise up into him and push him upfield. Do not overextend; get legs and feet up under you. Step on his toes.  
(A.T.P.)

(5) Screen block is O.K., but if you can shock him and knock him down its better. (A.T.P.)

(6) Chop is O.K., if he is in legal zone.

(7) If he is running, glue block him past the play. Remain in contact to avoid a clip. Let back cutback.

B. GLUE (Straight Ahead)

- (1) Come out low with a slight directional step.
- (2) Stay low, deliver blow with arch and rise up under his shoulder pads. He will be attacking you. (A.T.P.).
- (3) Let back cut off your head and butt.

X. CHOP (N.A.D.)

\*Used for quick seal, play action quick pass or last resort on pass block.

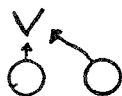
- (1) Low opposite shoulder block with power above player's far knee. Use quick step and cross body.
- (2) Very Aggressive! You want to make defensive man lose balance. You also want him to bring his hands down or get knocked off his feet.
- (3) Crab after and roll through man as he is trying to get up.
- (4) If he is on top of you, rise up into him as he is trying to get up.
- (5) A good trick is to set up and show hands for pass block, then drop and chop.
- (6) If you're getting beat after hands pass block - then chop!

Section Two

"Combo Blocks"

XI. DOUBLE TEAM BLOCK

\* Advantage 2 or 1



A. POST MAN

- (1) Man with a defensive man head up on him is called the "Post Man".  
He wants to set up defensive man who is head up or outside shoulder of him. Hit him and try to stand him up. He could be called "set up man".
- (2) First step is a directional step (Not Reach) in direction of play to prevent a slant. Second, step into crotch.
- (3) His block is straight into numbers of his man, using hands or fore-arms. His hands should touch both numbers.
- (4) Arch back and drive block with feet moving, trying to get man into an upward movement. You are waiting to feel down blocker.
- (5) If he drives inside get an ear and hand or forearm on the man and drive him down line of scrimmage away from play. \*Be prepared to take him by yourself.
- (6) When he feels lead man (directional man) (down blocker) the postman moves his butt and hips toward lead man and works together for A.T. P. Both should "Kiss Butts" sealing gap, thus preventing penetration. Keep feet moving.
- (7) Butts, hips and shoulders of post and lead man should be together.  
Moving quickly together.
- (8) If defensive man slants toward lead man, let lead man take him and you work up to LB. Look for a stunt!

B. LEAD MAN

\*Usually uncovered man to outside.

- (1) His first step is with inside foot to stop a split type penetration.

- (2) On that step he makes explosive contact on the defensive man's ribs and hip area with his near forearm or hand and shoulder.  
Arch and rise up into man.
- (3) His second step is up field with his outside foot.
- (4) His head should be on the defenders back side to stop lateral movement. \*The head and shoulder should form a "Locking V".
- (5) A "Locking V" means the defensive man's hip should be between your shoulder and head. Keep your head up in case of slide or spin.
- (6) Keep outside hand up and to outside to check defensive man's moves.
- (7) After solid contact is made the post man should be moving his butt toward you and the play. Butts kiss for a good A.T.P. then drive down the line.
- (8) If defensive man submarines; post man should lay on top of him, then recover and get up field. Leadman should recover quicker and get out of hole.
- (9) If defensive man slides toward you drive him down line by yourself. At least neutralize him.
- (10) If defensive man slides toward post man he takes him. You continue off the block up to LB. This is called "Double To".
- (11) Both men should rise up on contact, then accelerate.

C. GOALS of double team (By Priority)

- #1 Move man down line of scrimmage away from ball carrier and play
- #2 Move him straight up field
- #3 Neutralize him at line of scrimmage

D. "SHADE" double team

\*Man is slightly outside shoulder or eye of post man.

1. Mostly the same except post man takes a directional step toward crotch of defensive man, then proceed to drive up through his middle. SET HIM UP!
2. Lead man will need to help more. Defensive man will be coming toward him more than if he was head up on post man.
3. T.E. and W.B. see much of this type of double team.

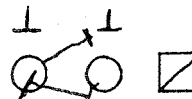
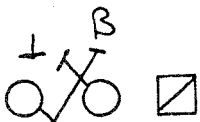
E. DOUBLE TEAM vs. L.B.

- (1) Post man use glue tech. but block middle of numbers.
- (2) Lead man go farther toward play to cut off lateral movement.
- (3) Usually one man gets free to block up field.

NOTES: Double Team

- #1 We don't feel it is necessary to double a true gap player. Use down block.
- #2 If double team is effective it forces LB's to go over the top and slow up his angle of pursuit.
- #3 Each blocker must be in a position to take on a defender by himself if a slant takes place.
- #4 They must "feel" each others block.
- #5 If defensive man spins, the leadman should be in position to drive block him.

XII. "X" or Cross Block



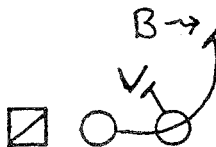


A. RULES:

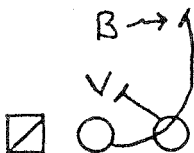
- (1) Uncovered man goes first.
  - (2) If both uncovered outside man goes first.
  - (3) If both covered outside man goes first.
  - (4) If man inside gap of inside man. Use "OFF CALL", block rule.
- B. Man blocking inside on down man uses down block technique, on LB he uses glue.
- C. Man blocking outside uses trap or near shoulder block technique.  
\*Get head in hole. Pull left ← left shoulder, right ← right shoulder.
- D. Second man must take open step to let first man clear.
- E. Both should work for A.T.P.

XIII. "STEP IT" - block down, step around

\*Situation is used to block a gap stack type of defense when a play is going outside. Usually between a guard and tackle.



\*Also can be used in man stack.



1. Combo of two different techniques. Down block and pull and glue tech.
  - (a) Down Block: using down block technique, outside man goes first stopping penetration first and A.T.P. second. If man is a "reader" use down block - reader technique.

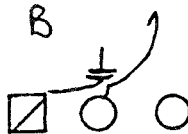
- (b) Step Around: open step by inside man pulling tightly around outside man. His goal is to get upfield to LB. Remember LB's flow angle. You should block LB's outside breast as soon as you turn up field. He usually scrapes to hole.
- (c) "Guard" should call "step it". He is one who knows if he can't get LB any other way.

2. Alternate call is REACH:

- (a) If guard is very good or the defensive man is bad, guard can reach him. Tackle will have a better angle at the LB.
- (b) This reach call is usually made when the down man is very tight on guard's shoulders or eye.
- (c) Tackle will use a glue technique on LB.

XIV. SCOOP!

\*Is used when a quick reading LB cannot be blocked by his man in a normal glue block situation.



A. Two reach block techniques.

\*Man head up

- (1) Man with defensive man head up doesn't take quite as big of a reach step.
- (2) Takes a slightly bigger directional step.

(3) Drive block through defensive man's outside shoulder or numbers with your inside shoulder or hands. Second step should bisect crotch.

(4) After he feels pressure from scooper (other man), he pushes up field looking for a glue block on the I.L.B.

B. Two reach block techniques

\*Man uncovered

(1) Does hard reach technique on defensive lineman to his far arm pit and drives up through his outside numbers working for A.T.P.

(2) Don't chop on playside. Keep feet moving.

(3) He pushes the other man off to L.B., other man should feel the pressure.

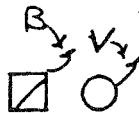
(4) Work to push man upfield arching into him for A.T.P.

C. STUNTS vs. SCOOOP

(1) Covered man - if man stays straight drive off him to LB - uncovered man - will scoop him.

(2) If covered man slants toward play take him and drive him up field. You should be stepping in his direction anyway.

- uncovered man will step toward down man, see him slant and continue to turn up to LB.



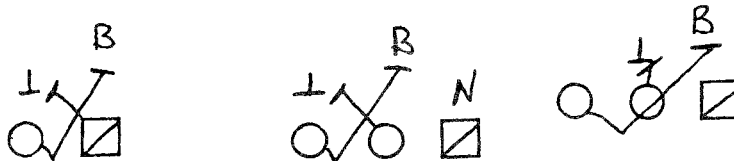
(3) If down covered man slants toward open man, covered man slips off defensive man directly to LB.

- uncovered man doing hard reach should run directly into down defensive man. Drive or reach him (Neutralize him).

XV. FOLD (Mesh)

(1) A change up in blocking to give them a different look.

(2) Used by a G-T or C-G. Worked from inside out.



(3) Uncovered Man - fire out with near foot depending on defensive alignment. (Use down block or near shoulder block)

(4) Covered Man - uses step around, glue block on L.B. go around butt of uncovered man.

(5) If both covered - "CALL OFF"